

Gracie met Judeline
Page 111



Cook Book

1923

Florence K M Pallin

Jan 18 - 1924

CITY OF AMES

YOUR CITY

4 1-2 Square Miles 1923 8000 Population

Do you know that the city owns:

1. An electric light plant and system worth\$300,000
2. A water plant worth..... 175,000
3. A hospital worth 85,000
4. A city hall worth..... 60,000
5. Fire apparatus worth..... 20,000
6. Cemeteries worth 20,000
7. Parks worth 20,000
8. A library worth 60,000
9. A sewage disposal works worth.. 70,000

Do you know that there are:

1. 17 miles of paving.
2. 25 miles of water mains.
3. 27 miles of sanitary sewers.
4. 15 miles of storm sewers.
5. 175 fire hydrants.
6. 2,700 electric meters in service.
7. 1,800 water meters in service.
8. Over 100 electric ranges in service.
9. That the recipes in this book are best when cooked by electricity.

Ames Woman's Club Cook Book



Compiled by the May, August and October
Birthday Groups
1923

RECIPE FOR A HAPPY DAY

“Take a little dash of cold water,
A little leaven of prayer,
A little bit of sunshine gold,
Dissolved in Morning air.
Add to your meal some merriment,
Add thought for kith and kin,
And then, as a prime ingredient,
A plenty of work thrown in.
Flavor it all with essence of love,
And a dash of play.
Let the dear old book and a glance above,
Complete the well-spent day.”

Contributed by Mrs. Cheney Lynch.

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ABBREVIATIONS

T.—tablespoon	lb.—pound	3 t. equal 1 T.
t.—teaspoon	pt.—pint	16 T. equal 1 C.
C.—cup	qt.—quart	2 T. butter equal 1 oz.
pk.—peck	BP.—baking powder	4 T. flour equal 1 oz.

Level measurements are used in this book.

TABLE OF MEASURES AND WEIGHTS

16 T. equal 1 C.

2 C. equal 1 pt.

2	C. butter or lard.....	1 lb.	2 2/3	C. powdered sugar.....	1 lb.
3	C. bread crumbs	1 lb.	4 1/2	C. graham flour.....	1 lb.
2	C. navy beans	1 lb.	2 2/3	C. brown sugar.....	1 lb.
4	C. grated cheese	1 lb.	4 1/2	to 5 C. tea.....	1 lb.
3 7/8	C. wheat flour	1 lb.	4 1/3	C. Coffee	1 lb.
2	C. gran. sugar	1 lb.	2 2/3	C. cornmeal	1 lb.
2	C. chopped meats	1 lb.	1 7/8	C. rice	1 lb.
9	large eggs	1 lb.	2 2/3	C. oatmeal	1 lb.

1/3 C. almonds, blanched and chopped....1 oz.

1 square Baker's chocolate.....1 oz.

A SIMPLE GUIDE FOR MEAL PLANNING

HAVE SOME FOOD FROM EACH GROUP IN EACH DAY'S MEALS

Energy-giving Foods			Body Building and Regulating Foods				Protective Foods		
			Muscle	Bone, Teeth and Regulating			Vitamins		
Starches	Sugars	Fats	Proteins	Lime or Calcium	Iron	Roughage	A	B	C
Breads	Sugar	Butter	Milk	Cheese	Spinach	Beans	Cream	Germ of cereals	Oranges
Crackers	Molasses	Cream	Eggs	Milk	Greens	Peas	Butter	Spinach	Lemons
Macaroni	Sirup	Cheese	Cheese	Buttermilk	Molasses	Cabbage	Egg yolks	Cabbage	Tomatoes
Rice	Honey	Lard	Lean meat	Cottage Cheese	Bran	Turnips	Spinach and other green leaves	Beets	Rhubarb
Tapioca	Preserves	Salt pork	Fish		Beans	Squash		Tomatoes	Raw Cabbage
Sago	Jellies	Bacon	Beans		Egg yolks	Celery		Carrots	Raw Turnips
Breakfast foods	Dried fruits	Margarines	Peas		Lentils	Asparagus	Carrots	Turnips	Raw Carrots
Other cereal products	Candy	Vegetable and nut oils	Nuts		Whole cereals	Lettuce	Tomatoes	Beans and other vegetables	Raw Rutabagas
Potatoes	Cake and Cookies				Prunes	Spinach	Glandular organs		
Beans and Peas	Other desserts	Peanut butter			Dates	Onions	Yellow corn	if water in which they are cooked is used	Raw Onions
					Figs	Raisins	Sweet potatoes		
					Raisins	Dates	Rutabagas		
					Red meat	Prunes			
						Apples			
						Bran			

Every person should drink from 6 to 8 glasses of water daily.

Of course, you

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AMES

NEVADA

BEVERAGES

"The cups that cheer but do not inebriate wait on each."

COCOA

Mrs. L. C. Tilden

- | | |
|-----------------------|------------|
| 1 T. grated chocolate | 1 T. sugar |
| 1 T. cocoa | |

Mix together and boil in $1\frac{1}{2}$ cups water for 5 minutes. Add $1\frac{1}{2}$ cups milk. When hot add 1 t vanilla. Mill with egg beater and serve. This makes four teacups.

COCOA

Mrs. J. A. Harvey

- | | |
|---------------|--------------------------|
| 3 C. milk | 1 t. corn starch |
| 2 T. cocoa | $\frac{1}{4}$ t. vanilla |
| 4 T. sugar | 1 C. boiling water |
| Pinch of salt | |

Put milk in double boiler; let get smoking hot. Mix cocoa, starch, sugar, salt, and water. Cook 5 minutes. Add to hot milk and cook 5 minutes more.

Eat these rocks and put your
other "rocks" in the Bank.

GIBRALTAR ROCKS

- $1\frac{1}{2}$ C. light brown sugar
- 1 C. butter
- 3 eggs
- 1 lb. English walnuts cut into large pieces
- 1 C. seeded raisins
- 1 tsp. soda in
- 2 tbsp. sweet milk
- $2\frac{1}{2}$ C. flour

Mix in order given. Drop from a teaspoon onto a baking sheet and bake in a moderate oven.

UNION NATIONAL BANK

AMES, IOWA

S. A. KNAPP, Pres.

A. J. MARTIN, Cashier

EGGNOG

Mrs. F. G. Churchill

For every cup, dissolve a teaspoonful of cocoa in a table-spoonful of boiling water. Mix to a paste; add balance of milk or water, as richness may be desired. Let it boil at least three minutes as boiling improves it. Add sugar to taste at table.

BREAKFAST COCOA

Mrs. C. W. McDonald

1½ t. sugar	1/3 C. boiling water
1 t. breakfast cocoa	½ C. scalded milk
Salt	

Mix cocoa, sugar and salt, add water while stirring, bring to boiling point and boil 1 minute. Turn into scalded milk and beat until foamy.

CHOCOLATE MILK SHAKE

Mrs. C. W. McDonald

3 T. cream (whipped)	2 T. chopped ice
½ C. milk	2 T. chocolate syrup
¼ C. soda or Apollanaris water	

Put together in a shaker.

COFFEE FOR LARGE COMPANY

Mrs. L. C. Tilden

1 lb. for 50 people

Mix coffee with one egg and a little cold water, and put into bag. Drop it into boiling water. Let it boil a little, then stand without boiling until it is of the desired strength. Remove bag and serve.

SYRUP (for all fruit beverages)

Mrs. C. W. McDonald

(a) ¾ C. of sugar	¾ C. of boiling water
-------------------	-----------------------

(b) Sprinkle sugar into boiling water. Stir until dissolved. Allow to boil 12 minutes without stirring. Cool and bottle.

EGGNOG

Mrs. Frank D. Paine

Beat the yolk of one egg slightly and add three-fourths T. sugar, one-fourth of a t. vanilla and pinch of salt; add gradually two-thirds C. cold milk. Strain into a glass, sprinkle with a few gratings of nutmeg, and add the white of one egg beaten until stiff and dry.

TEA FOR LARGE COMPANY

Mrs. L. C. Tilden

3 t. to 12 cups

Place in bag, put into boiling water, let stand without boiling for 3 minutes. Remove bag and serve.

COFFEE EGGNOG

Mrs. C. W. McDonald

- (a) 1 egg Pinch of salt
1 t. sugar 2/3 C. filtered coffee
- (b) Beat egg slightly, add sugar, salt and coffee very gradually while stirring. (Beat in a pan of hot water.)

EGG LEMONADE

Mrs. Frank D. Paine

Beat 1 egg until thick and lemon-colored, using an egg beater. Add the juice of 1 orange and 1 lemon and sweeten to taste, using powdered sugar. Pour into a glass one-third full of finely crushed ice.

This is a very refreshing beverage.

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GRAPE JUICE

Mrs. Earl Rice

10 lbs. Concord grapes; 2 qts. water and 4 C. sugar. Wash grapes and remove from stems. Put in an enameled kettle and add water. Cook slowly until the skins are soft. Put in jelly bag and drain over night. Add sugar to the juice and boil moderately for two minutes. Pour into hot sterilized cans and seal.

GRAPE JUICE

Mrs. L. C. Tilden

Take very ripe fruit; put into kettle and pour over it water until you can see it, but not to cover. Let it cook well; then strain, and to every gallon of juice add three cups of sugar. Let it come to a good boil, and bottle hot.

LEMONADE

Mrs. C. W. McDonald

- (a) $1\frac{1}{2}$ T. of syrup $\frac{3}{4}$ C. of cold water
 2 T. of lemon juice
 (b) Mix syrup and lemon juice, add cold water. Strain over chopped ice.

ICE TEA

Mrs. C. W. McDonald

- (a) 1 rounding t. of tea (b) Strain over crushed ice
 $\frac{1}{2}$ c. of boiling water

ORANGE DELIGHT

Mrs. L. H. Pammel

To the juice of 4 oranges add the grated rind of 1 orange and the juice and grated rind of 1 lemon. Add 2 C. of granulated sugar, 1 C. of cherry juice and 2 C. of water. Heat slowly until it has almost reached the boiling point. Then add 1 whole clove, 1 stick of cinnamon and boil 3 minutes. Chill. Add $\frac{1}{2}$ bottle of ginger ale and 1 T. of orange extract. Serve immediately in punch glasses with a half slice of orange and a cherry in each.

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PUNCH

Mrs. L. C. Tilden

Juice of 1 doz. lemons, 1 doz. oranges, and 1 pt. can red raspberries. Make syrup of 5 C. of sugar and 5 C. of water. When cool add fruit juices. Strain, add water and 2 lemons sliced thin.

FRUIT PUNCH FOR 60

Mrs. Alva L. Howard

2 doz. lemons

2 qts. water

9 oranges

4 lbs. sugar

1 can grated pineapple

Cook water and sugar to make syrup, cool and add other ingredients. Cherries may be added. This will be enough for 2 gallons.

PINEAPPLE LEMONADE

1 pt. water, 1 C. sugar, 1 qt. ice water, 1 can grated pineapple, juice 3 lemons. Make syrup by boiling water and sugar 10 minutes, add pineapple and lemon juice, cool, strain and add ice water.

BREAD AND BISCUITS

*"A slice of bread, with butter on't,
May feed a king;
A biscuit with a crust upon't
Is comforting.
The everyday necessities, no doubt,
Are those which none of us can do without."*

WHITE BREAD

Mrs. Elmer Coffin

2 C. milk (heated and cooled)	1 cake compressed yeast
6 C. flour	2 T. lard
Salt	2 T. sugar

Mix until elastic. Let rise until double in size; mix into loaves. Let rise again and bake.

WHOLE WHEAT BREAD

Mrs. T. J. Link

Dissolve 1 yeast cake in $\frac{1}{2}$ C. warm water, add to 1 qt. of warm water, together with 1 T. salt, one T. sugar, and 1 T. shortening; mix together, then add 2 qts. whole wheat flour and mix well. Let rise until double its bulk, which will take from $2\frac{1}{2}$ to 3 hours. Punch down and let rise again, after which put in pans and when light bake in medium hot oven for one hour.

PENNY PUFFS

Mrs. Julius Tilden, Mrs. L. H. Pammel, Mrs. Elmer Coffin

Yeast—1 cake dry or 2 cakes compressed.

Eggs—2 well beaten

Lard—2 T.

Sugar— $\frac{1}{2}$ C.

Salt— $1\frac{1}{2}$ t.

Water—2 C., warm

Flour—To mix stiff

Dissolve the lard, salt and sugar in the warm water, add the eggs, yeast softened in a little water, and flour to mix stiff; knead; put to rise in a well-greased bread bowl. When light, pinch off small pieces, put in gem pans, let rise until very light. Bake 20 minutes in quick oven.

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"When I am thru, I am going to the show."

AMES THEATER CO.

OATMEAL BREAD FOR SANDWICH

Ada Scott

- 2 C. oatmeal
 1 C. boiling water. Pour over oatmeal and let stand until luke warm.
 2 C. light bread sponge
 1 C. raisins
 2 T. lard or shortening
 1/2 C. corn syrup

Mix all together, using enough wheat flour to make quite stiff. Let rise, work into pans; let rise again. Bake in moderate oven one hour. This will make two loaves of bread.

BUNS

Mrs. T. J. Link

- 1 qt. new milk, scalded; add
 3 T. sugar
 3 T. lard
 1 t. salt

Cool until luke warm; put in 1/2 yeast cake which has been previously dissolved in a little water; stir in flour enough to make a soft sponge; let rise until morning; add enough more flour to knead nicely, but not stiff. Let rise again, punch down, and when light shape into little cakes. Put into pans an inch apart, and when double their size, bake in a hot oven 12 minutes.

BROWN SUGAR ROLLS

Florence Walls

Make rich dough as in cocoanut twists. Roll out, spread with butter and brown sugar. Cut as for cinnamon rolls. Butter pan, spread brown sugar thick enough to cover pan. Add rolls. Bake until light brown. Turn pan upside down immediately upon taking from oven.

COCOANUT TWISTS

Florence Walls

To 4 C. of ordinary sponge, add 3 T. of butter, 3/4 C. sugar and 1 egg. When light roll out 1/4 inch thick, spread with butter, sugar and cocoanut. Fold over so that there are 3 layers of dough. Slice from end and twist together. Bake until golden brown.

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BUTTER HORNS (Rolls)

Mrs. B. W. Hammer

Crumble 1 compressed yeast cake. Add 1 T. sugar. Stir until liquid. Add 1 C. luke-warm milk.

$\frac{1}{2}$ (scant) C. shortening 3 well-beaten eggs

$\frac{1}{2}$ (scant) C. sugar

4 C. sifted flour or enough to make a soft dough, but stiff enough to knead. In the morning place on bread board, knead a little, cut in half. Roll each piece as nearly round as possible and about $\frac{1}{4}$ inch in thickness. Cut like pie into sixteen pieces. Beginning at broad end, roll each roll up towards small end. Put in buttered tins, let rise and bake in a moderate oven about 20 minutes. Will make 32 rolls.

PARKER HOUSE ROLLS

Mrs. E. M. Hart

2 C. potato mash

2 eggs

1 t. salt

1 C. lard

$\frac{1}{2}$ C. sugar

Flour

1 cake Fleischman's yeast

Cook 1 medium-sized potato, saving water to mash. Add salt and sugar to this. Mix yeast, beaten egg, and lard. Add to potato mixture and flour to stiffen as for light rolls. Roll and cut with biscuit cutter. Dip in melted butter on both sides and fold. Let raise 4 hours in cool place and bake in quick oven 20 minutes. Will bake 30 rolls.

POTATO MUFFINS

Mrs. Escott Hicks

3 small potatoes

1 level t. lard

1 C. warm milk

1 t. sugar

1 cake compressed yeast

1 t. salt

2 eggs well beaten

1 t. butter

Boil potatoes and mash. Scald milk and put lard and butter in to melt. Let milk cool before adding to yeast. Put all in a bowl. Dissolve yeast in $\frac{1}{2}$ C. warm water, add flour as stiff as you can stir with a spoon. Let rise 4 hours, then pour on a floured board. Pat it out with your hand $\frac{1}{2}$ inch thick, and cut with a small biscuit cutter. Put on greased pans, let rise till light—about 2 hours. Bake 10 minutes or until nicely browned. This makes about 36.

GLAZED CURRANT BUNS

Mrs. H. W. Warner

Soften 1 cake compressed yeast in $2\frac{1}{2}$ C. milk which has been scalded and cooled. Stir in about 3 C. flour. Beat until smooth.

Let rise. When light add $\frac{1}{2}$ C. sugar, $\frac{1}{2}$ C. softened butter, 1 t. salt, 3 eggs, 1 C. currants, and enough flour to knead. Let rise again. When doubled in bulk, roll and cut out. Let rise about $\frac{1}{2}$ hr. Bake. Glaze with sugar and water.

TEA ROLLS

Edna Brown

2 C. milk	$\frac{1}{2}$ C. sugar
3 T. butter	1 t. salt
2 eggs	6 C. flour
1 yeast cake	$\frac{1}{4}$ C. warm water

If mixed in morning and kept warm will be ready to bake for afternoon tea.

DENVER ROLLS

Mrs. J. B. Quig

1 qt. milk	1 t. salt
$\frac{1}{3}$ C. sugar	1 t. (scant) soda
1 C. (scant) shortening	1 t. B. P.
1 C. mashed potatoes	1 cake compressed yeast

Scald milk, add sugar, potatoes and shortening. When luke-warm add flour to make thin batter and yeast dissolved in

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a little warm water. Let stand until light, then add salt, soda, B. P. and flour to make soft dough. Put in a refrigerator until an hour before wanted. Make out and put in warm place. Bake in a quick oven.

BAKING POWDER BISCUITS

Mrs. A. H. Munn

2 C. flour
2 t. BP.

1 T. cold lard, rubbed thoroughly into flour.

Use just enough sweet milk to make a soft dough. Do not roll, but pat into shape for cutting.

NUT BREAD

Mrs. John Campbell

1 C. nut meats
1 C. raisins
1 t. soda
 $\frac{1}{2}$ t. salt

1 C. sugar
2 C. sour milk
2 C. graham flour
1 C. white flour

Bake 45 minutes in slow oven.

QUICK COFFEE CAKE

Mrs. W. H. Jameson

Sift together
1 C. flour
 $\frac{1}{2}$ C. sugar
3 t. B. P.

Salt
1 t. cinnamon

Mix this in soft dough with 4 T. melted butter, $\frac{1}{2}$ C. milk, 1 beaten egg. Put in shallow pan, sprinkle sugar and cinnamon on top, bake in quick oven about 15 minutes.

COFFEE CAKE

Mrs. A. F. Reis

1 egg beaten stiff
 $\frac{1}{2}$ C. sugar
1 C. milk

2 T. shortening
1 t. salt

Sift into this $2\frac{1}{2}$ C. flour with $2\frac{1}{2}$ t. B. P., $\frac{1}{2}$ C. seedless raisins. Bake in pan 9x12. Sprinkle cinnamon and sugar over top. Bake 30 minutes.

COFFEE CAKE

Mrs. H. J. Plagge

$\frac{3}{4}$ C. sugar
2 eggs
 $\frac{3}{4}$ C. sweet milk

2 C. flour
Salt
3 t. B. P.

Melt 2 t. butter, spread over top of cake, with cinnamon and sugar before baking.

COFFEE CAKE

Bertha G. Roberts

2 T. butter	1½ C. flour
½ C. sugar	3 t. B. P.
½ t. salt	1 C. sweet milk
½ C. raisins	

Cream butter and sugar, sift salt, flour and baking powder. Add flour mixture to butter mixture alternately with milk. Add raisins last. Sprinkle top with bits of butter, cinnamon and dark brown sugar. Bake 25 minutes.

CREAM SCONES (Tea biscuits)

Mrs. W. F. Meads

2 C. flour	4 T. butter
4 t. B. P.	½ t. salt
2 t. sugar	1/3 c. cream or milk

Mix and sift flour, B.P., sugar and salt. Add butter and eggs well beaten. Reserve small amount egg white. Roll to ¾

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in. thickness. Cut and brush with egg whites. Sprinkle with sugar and bake in hot oven 15 minutes. A pleasing variation is to make a roll of the dough, spreading it first with equal parts brown sugar and butter. Roll and cut as cinnamon rolls. Bake in muffin tins until brown.

NUT BREAD

Mrs. H. O. Hickok

- | | |
|--------------------------------------|-------------------|
| 1 C. brown sugar | 2 C. graham flour |
| 1 egg | 1 C. white flour |
| 1½ C. sour milk with 1 level t. soda | ½ C. raisins |
- Bake 45 minutes in a slow oven.

NUT BREAD

Daisy Ann Johnson

- | | |
|-------------------|-------------------|
| 4 C. flour | 1½ C. milk |
| 4 t. BP. | 1 egg |
| 1 t. salt | 1 C. chopped nuts |
| 1½ C. brown sugar | 1 C. raisins |

Mix dry and wet ingredients, add nuts, raisins last. Put in oil paper lined pans. Let stand ½ hour. Bake ¾ hr. in slow oven. Makes 2 small loaves.

NUT BREAD

Mrs. Harry Davis

- | | |
|-------------------|-----------------------|
| 1 egg | ½ C. raisins |
| ½ C. sugar | ½ C. chopped nuts |
| 1 C. flour | ½ t. salt |
| 1 C. graham flour | 1 C. sour milk |
| 1 t. soda | Bake slowly one hour. |

GRAHAM NUT BREAD

Mrs. A. F. Ries

- | | |
|------------------|---------------------------|
| 1½ C. sour milk | ½ C. English walnut meats |
| ½ C. molasses | 1 t. salt |
| 4 T. butter | 1 t. soda |
| ½ C. raisins | 2 C. graham flour |
| 1 C. white flour | |

Mix and bake in bread pan one hour.

GOLDEN CORN CAKE (Corn Bread)

Mrs. W. H. Stultz

- | | |
|---------------|-----------|
| ¾ C. cornmeal | ½ t. salt |
| 1¼ C. flour | 1 C. milk |

- | | |
|--------------------------|-------------|
| $\frac{1}{4}$ C. sugar | 1 egg |
| 4 t. BP. | 1 t. butter |
| Bake $\frac{1}{2}$ hour. | |

STEAMED CORN BREAD

Mrs. F. E. Allen

- | | |
|-----------------------------|---------------------------|
| 2 C. corn meal | 2 C. graham flour |
| 2 C. sour milk | $\frac{2}{3}$ C. molasses |
| 1 t. soda | $\frac{1}{2}$ t. salt |
| Steam $2\frac{1}{2}$ hours. | |

JOHNNY CAKE

Anna F. Fonda

- | | |
|--|------------|
| 2 C. buttermilk | 2 T. sugar |
| 1 t. soda | |
| 4 T. cornmeal and flour to make
a thin batter | |
| Mix all together, adding salt to taste; bake 20 minutes. | |

CORN BREAD

Mrs. Peter Anderson

- | | |
|-----------------------|---------------------------------------|
| 3 T. cream | 1 egg beaten until stiff and
light |
| 1 t. soda | |
| $\frac{1}{2}$ t. salt | 3 C. buttermilk |
| Beat all together | |

Sift together three times 3 C. cornmeal, 1 C. flour, 1 t. B. P., and then add first mixture, a little at a time. Bake in moderate hot oven.

CORN BREAD

Mrs. Andrew Olson

- | | |
|----------------|-----------------------|
| 2 T. sugar | 1 t. soda |
| 1 T. lard | 1 C. corn meal |
| 2 eggs | $\frac{1}{2}$ t. salt |
| 2 C. sour milk | |

Cream lard, add sugar and eggs. Sift flour, corn meal and salt. Add alternately with sour milk in which soda has been dissolved.

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GOLDEN CORN BREAD

Mrs. Walter Morris

- | | |
|----------------------------|-----------------------------|
| 1 $\frac{1}{4}$ C. flour | 2 eggs |
| $\frac{3}{4}$ C. corn meal | $\frac{1}{4}$ C. sweet milk |
| 4 t. BP. | Salt |

Beat eggs stiff, then mix all together and beat 5 minutes.

EGGLESS CORN BREAD

Mrs. Harold Stiles

- | | |
|------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ C. corn meal | 3 T. sugar |
| $\frac{1}{2}$ C. flour | 1 C. sour milk |
| 1 t. BP. | $\frac{1}{2}$ C. sweet milk |
| $\frac{1}{2}$ t. soda | 1 T. melted lard |
| $\frac{1}{2}$ t. salt | |

Mix and sift together the corn meal, flour, baking powder, soda, salt and sugar. Add the sour and sweet milk. Beat 2 minutes, add the melted lard. Pour into buttered pan and bake 30 minutes.

CORN BREAD

Mrs. C. F. Davis

- | | |
|----------------|----------------------------------|
| 2 T. sugar | 1 t. salt |
| 3 T. flour | 1 C. sweet milk, into which stir |
| 6 T. corn meal | 2 t. BP., add 1 beaten egg. |

Bake from 15 to 30 minutes.

FRENCH COFFEE CAKE

Mrs. A. T. Erwin

- | | |
|-----------------------------|--------------------------|
| $\frac{3}{4}$ C. sugar | 1 $\frac{3}{4}$ C. flour |
| $\frac{1}{4}$ C. shortening | 1 t. BP. |
| 1 egg | Salt |

Beat well. Over top sprinkle 3 T. powdered sugar, $\frac{1}{2}$ T. cinnamon and dot with butter.

GRAHAM LOAF

Mrs. W. H. Jameson

- | | |
|---|------------------------|
| 1 $\frac{1}{2}$ C. sour milk with 1 t. soda | 2 C. graham flour |
| in milk with pinch salt. | 1 C. white flour |
| $\frac{1}{2}$ C. molasses | $\frac{1}{2}$ C. sugar |

Bake about $\frac{1}{2}$ hour.

QUICK GRAHAM BREAD

Mrs. J. C. Waterman, Burke, S. D.

Mix together 1 C. each of graham and wheat flour, add $\frac{1}{2}$ t. salt, 2 t. BP., 1 C. sweet milk, $\frac{1}{2}$ C. sugar; blend liquid with

dry ingredients. Pour in greased pan; let stand 15 minutes. Bake in a moderate hot oven.

GRAHAM BREAD

Mrs. Elmer Coffin

1 egg	1 qt. graham flour
1 pt. sour milk	1 C. white flour
1 C. sorghum	1 small T. soda
Pinch salt	2 t. BP.

Mix and bake in one loaf. This is a very good substitute for brown bread.

GRAHAM BREAD

Mrs. J. E. Kinnan

3 C. of graham flour	1 t. soda
1 C. wheat flour	1 t. BP.
1 C. sugar	1 C. raisins if you like
2 C. sour milk	Pinch of salt

Mix dry ingredients and add milk. Put in baking powder cans, cover and bake 1 hour in moderate oven.

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BOSTON BROWN BREAD

Mrs. Thos. Thompson

- | | |
|-------------------|----------------|
| 2 C. graham flour | 1 C. sorghum |
| 2 C. corn meal | 2 C. sour milk |
| 1/2 C. butter | 1 t. salt |
| 1/3 C. sugar | 2 t. soda |

Cream the butter and sugar, and add the sorghum, milk (in which the soda has been dissolved), and the salt. Stir in the graham flour and corn meal and pour into buttered moulds. Steam 2 1/2 hours. Remove from moulds, and place in oven for half an hour. One cup raisins may be added to this brown bread, if desired.

BOSTON BROWN BREAD

Mrs. L. C. Tilden

- | | |
|-----------------|--------------|
| 1 C. sweet milk | 1 C. sorghum |
| 2 C. sour milk | 2 t. soda |
| 3 C. corn meal | 2 t. salt |
| 2 C. flour | |

STEAMED BROWN BREAD

Mrs. W. F. Coover

- | | |
|-------------------|-----------------------|
| 3 C. sour milk | 3 t. soda |
| 3 C. graham flour | 1 C. corn meal |
| 1 C. raisins | 1 C. sorghum molasses |
| 1/4 t. salt | Steam 3 hours |

BROWN BREAD

Mrs. G. E. Farnum

- | | |
|----------------------|--------------------------|
| 2 C. corn meal | 1 C. sour milk |
| 2 C. graham flour | 2 C. sweet milk |
| 1 C. molasses (dark) | 2 T. BP. |
| 1 egg | 1/2 t. soda in sour milk |
| 1 C. sour cream | 1 t. salt |

Fill baking cans 2/3 full; steam 2 hours. Bake 1/2 hour.

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BOSTON BROWN BREAD

Mrs. C. Sorenson

- | | |
|---------------------------|------------------|
| 2 C. graham flour | 1 pt. sweet milk |
| 2 C. corn meal | 1 t. soda |
| $\frac{1}{2}$ C. molasses | 1 t. salt |
- Steam in 2 qt. cans 2 hours

NUT BREAD

Mrs. E. M. Spangler

- | | |
|------------------------------|-----------|
| 3 C. flour | 1 C. milk |
| $\frac{1}{2}$ C. brown sugar | 1 egg |
| 1 C. walnut meats | 3 t. BP. |
| $\frac{1}{2}$ t. salt | |

Bake $\frac{1}{2}$ hour; have oven barely warm at first; increase heat.

NUT BREAD

Mrs. W. F. Coover, Mrs. E. R. Smith

- | | |
|----------------------------|------------------------|
| $2\frac{1}{2}$ C. flour | $\frac{1}{2}$ C. sugar |
| 3 t. BP. | $\frac{1}{4}$ t. salt |
| $\frac{3}{4}$ C. nut meats | |

Mix together. Add 1 C. milk with 1 beaten egg. Bake slowly.

NUT LOAF

Mrs. M. E. Fowler

- | | |
|--|------------------|
| $3\frac{1}{2}$ C. flour sifted 5 times | 1 C. sweet milk |
| $\frac{1}{2}$ C. sugar | 1 egg |
| 4 t. BP. | 1 C. rolled nuts |
| 1 small t. salt | |

Let rise 20 minutes and bake 1 hour.

NUT BREAD

Mrs. Geo. Graves

- | | |
|------------------------|-----------------------|
| 2 C. flour | 1 egg |
| $\frac{1}{2}$ C. sugar | $\frac{1}{2}$ t. salt |
| 1 C. sweet milk | $2\frac{1}{2}$ t. BP. |
| 1 C. ground nuts | |

D. H. SOPER**DENTIST**

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Beat eggs light, add sugar, then milk. Sift baking powder with flour, add to above; then nuts and salt. Let stand 20 minutes before baking. Do not bake too fast. Bake 40 minutes. When done wrap in a damp cloth; then in a dry one until cold.

NUT BREAD

Mrs. Gus Martin

2 C. graham flour	4 t. baking powder
2 C. white flour	1 t. salt
2 eggs	1 T. butter
1 C. sugar	1 C. English walnuts
2 C. milk	

Mix flour, baking powder, sugar, salt; add milk, eggs, butter and nuts last.

OAT MEAL BREAD (Mrs. McCartney's)

Mrs. F. H. Waters

3 C. Friends oats	1/2 t. soda
1/2 C. sugar	1/2 t. salt
1 pt. bread sponge	1/2 C. chopped raisins
2 T. butter	3 C. boiling water

Mix all ingredients except sponge; stir well. Let stand until luke-warm. Add sponge. Stir in wheat flour until quite soft. Knead 10 minutes. Bake in baking powder cans. Fill cans half full and let double in bulk before putting in oven. Bake 1 hour.

DATE AND NUT LOAF

Mrs. C. W. McDonald

1/2 lb. English walnut meats	1/2 lb. dates after stoning
1/2 C. sifted flour	1/2 C. sugar
1/2 t. vanilla	1/2 t. salt
1 t. BP.	2 eggs

Sift dry ingredients over dates and nuts. Mix together thoroughly. Beat yolks and stir in mixture. Cut in whites, beaten stiff and dry. Add vanilla and bake 1 hour in a moderate oven.

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RAISIN AND BUTTERMILK BREAD

Mrs. L. G. Rosenfelt

- | | |
|-----------------------|-------------------|
| 2 C. flour | 1 C. raisins |
| $\frac{1}{2}$ t. salt | 1 t. cream tartar |
| $\frac{1}{2}$ t. soda | 3 T. shortening |
| 4 T. sugar | 1 egg |

Buttermilk to make a soft dough. Sift flour, salt, soda and cream tartar; rub in shortening. Add sugar, raisins and beaten egg and buttermilk. Turn into deep dripping pan and bake 25 minutes.

SNOW BALL BISCUITS

Mrs. P. J. Templeton

Put 4 C. flour into the mixing bowl, add 2 T. butter and mix them quickly with the finger tips, rubbing it in as for pie crust. See how much like a cream powder it looks. Now sift in 4 t. BP. and stir together lightly till thoroughly mixed, then add $1\frac{1}{2}$ C. milk.

Stir together as quickly as possible; put a little flour on the mixing board, turn dough upon it, roll in a ball with as little mixing as possible. Roll about a half an inch thick. Cut with biscuit cutter; crowd into pan and bake in a very quick oven. The beaten white of an egg adds greatly to this recipe.

DUMPLINGS

Mrs. W. A. Thompson

- | | |
|-----------------------|---|
| 2 C. flour | $\frac{2}{3}$ C. milk or little more if |
| 4 t. BP. | needed |
| $\frac{1}{2}$ t. salt | 2 t. butter |

Mix and sift dry ingredients. Work in butter with tips of fingers. Add milk gradually. Roll out to thickness of $\frac{1}{2}$ inch. Cut with biscuit cutter. Lay on meat and steam 20 minutes.

RAISIN DROP BISCUIT

Helen Curtiss

- | | |
|------------------------|-----------------------------|
| 2 eggs | $1\frac{1}{2}$ C. sour milk |
| $\frac{1}{4}$ C. sugar | $2\frac{1}{2}$ C. flour |

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- 2 t. melted butter or $\frac{1}{4}$ t. soda
 other fat 1 C. raisins
 Drop from spoon on greased tins and bake in hot oven.

DROP BISCUITS

Mrs. C. L. Little

- $1\frac{1}{2}$ C. flour $\frac{1}{2}$ t. salt
 3 t. BP. $\frac{2}{3}$ C. milk

Mix dry ingredients, cut in the fat, slowly add milk, mixing with knife until a soft dough is formed; drop from the end of a spoon upon a well-buttered tin. Bake 10 to 12 minutes or until biscuits are a brown color.

BAKING POWDER BISCUITS

Mrs. J. H. Williams

- 2 C. flour 2 T. shortening
 4 t. BP. $\frac{1}{2}$ C. water or milk
 $\frac{1}{2}$ t. salt

Sift all dry ingredients together, work in the shortening, add slowly water which will make a soft dough; roll out lightly on floured board, cut and bake in a very hot oven.

BAKED BROWN BREAD

Mrs. Will Dodds

- 1 C. molasses 2 C. sour milk
 1 C. sugar 2 C. graham flour
 2 T. lard $2\frac{1}{2}$ C. white flour
 2 eggs 2 t. soda in molasses
 $\frac{1}{2}$ t. salt Bake 1 hour
 $\frac{1}{2}$ C. raisins

STEAMED BROWN BREAD

Mrs. L. M. Warburton

- 5 C. graham flour 1 t. soda
 3 C. sweet milk 1 t. salt
 1 C. molasses

Mix ingredients, pour into a buttered covered mould and steam 3 hours.

RAISED BROWN BREAD

Stella Williamson

- 1 C. molasses or sorghum 1 C. wheat flour
 1 C. brown sugar 1 t. soda
 2 C. sour milk 1 C. raisins
 2 C. graham flour Salt

Put in pan and let raise 1 hour. Bake 1 hour.

BRAN BREAD

Mrs. J. I. Mather

- | | |
|------------------------------------|--------------------------------|
| 3 C. bran flour | 2 eggs |
| 2 C. white flour | 4 T. BP. |
| $\frac{1}{2}$ C. sugar | Pinch salt or $\frac{1}{3}$ t. |
| 1 C. nut meats | 1 C. raisins |
| 2 C. sweet milk; water may be used | $\frac{1}{4}$ C. molasses |

Mix raisins with flour. Let stand 20 minutes and bake $\frac{3}{4}$ hour.

BRAN BREAD

Mrs. F. H. Lang

- | | |
|------------------------|--------------------------|
| 1 C. sweet milk | 2 eggs |
| 2 C. bran | $\frac{1}{4}$ C. raisins |
| 1 C. white flour | $\frac{1}{2}$ t. soda |
| $\frac{1}{4}$ C. sugar | $\frac{1}{2}$ t. BP. |
| $1\frac{1}{2}$ t. salt | |

Mix together thoroughly. Bake in moderate oven 1 hour.

BRAN BREAD

Mrs. J. Cagwin, Mrs. O. P. Rutledge

- | | |
|-----------------------------|---|
| $\frac{1}{2}$ C. sugar | 2 C. white flour |
| 2 eggs | 2 C. bran |
| Generous lump of butter | 1 C. dates or raisins, cut fine |
| 1 t. salt | $1\frac{1}{2}$ C. sweet milk and 2 t. BP. |
| $1\frac{1}{2}$ C. sour milk | may be used instead of |
| 1 t. soda | sour milk and soda |

MUFFINS, WAFFLES GRIDDLE CAKES

LIGHT MUFFINS

Mrs. M. F. Allen

Cream together $\frac{1}{3}$ C. butter, 2 T. sugar, add a pinch of salt, 1 egg well beaten, $\frac{3}{4}$ C. milk, 2 C. flour, 4 t. BP. Bake in hot buttered gem pans 20 minutes.

MUFFINS

Mrs. Emil Skortman

1 egg	$3\frac{3}{4}$ C. flour
5 t. sugar	1 t. salt
1 heaping T. melted butter	2 C. milk (sweet)
2 heaping t. BP.	

Mix all together but butter and flour (add lard hot); then put flour and baking powder in at once. Drop in gem pans and bake 15 minutes in very hot oven.



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MUFFINS

Mrs. E. E. Little and Gwendolyn Graves

2 C. flour	1 C. milk
4 t. BP.	1 egg
2 t. sugar	1 T. fat
$\frac{1}{4}$ t. salt	

Measure dry ingredients and mix; measure wet ingredients, and mix and add to above. Bake in a moderate oven.

MUFFINS

Mrs. E. E. Sowers

2 T. butter (melted)	1 C. milk
2 T. sugar	2 C. flour
2 eggs (well beaten)	$\frac{1}{2}$ t. salt

Bake in quick oven. This makes 12 muffins.

DATE MUFFINS

Mrs. J. H. Hoke

$\frac{1}{3}$ C. butter	$\frac{3}{4}$ C. milk
$\frac{1}{4}$ C. sugar	2 C. flour
$\frac{1}{4}$ t. salt	$\frac{1}{4}$ lb. dates
1 egg	4 t. BP.

Cream butter and sugar, add beaten eggs, then milk; beat well.

DATE MUFFINS (12 Muffins)

Mrs. J. E. Wright

$\frac{1}{4}$ C. sugar	$\frac{3}{4}$ C. milk
$\frac{1}{4}$ C. dates	$1\frac{3}{4}$ C. flour
1 egg	4 t. BP.
$\frac{1}{4}$ t. salt	2 T. melted butter

Mix the sugar, dates, baking powder, flour and salt. Add milk in which 1 egg has been beaten. Beat 2 minutes. Add butter and fill muffin pans $\frac{1}{2}$ full. Bake 20 minutes in quick oven.

T. L. RICE

DENTIST

CRUMPETS

Mrs. Alvin Lewis

1 $\frac{1}{4}$ C. flour	$\frac{3}{4}$ C. sweet milk
1 egg	$\frac{1}{2}$ t. salt
1 $\frac{1}{2}$ t. BP.	1 t. melted lard
1 t. sugar	

Bake in gem pans in hot oven. This makes 6 gems.

POP OVERS (8)

Mrs. C. L. Little

1 C. flour	$\frac{1}{2}$ t. salt
1 C. milk	1 egg, beaten well

Add the milk slowly to the flour and salt, stirring until a smooth paste is formed. Beat and add the remainder of the milk and the egg. Beat vigorously for 3 minutes. Fill very hot gem pans $\frac{3}{4}$ full. Bake 30 minutes in a hot oven. They are done when they have popped at least twice their size.

CORN MUFFINS

Mrs. C. E. Wygant

$\frac{1}{2}$ C. corn meal	$\frac{1}{4}$ t. salt
3 T. sugar	1 egg
$\frac{1}{2}$ C. white flour	$\frac{1}{2}$ C. milk
2 t. BP.	1 T. melted butter

Mix the corn meal, sugar, flour, baking powder and salt. Add the beaten egg in the milk. Beat vigorously, add the melted butter and mix well. Pour into well-buttered muffin tins and bake 20 minutes in a moderate oven. This makes from 6 to 8 muffins.

CORN GEMS OR MUFFINS

Mrs. Clyde Kintzley

1 pt. buttermilk or sour milk	1 t. soda
$\frac{1}{4}$ C. butter	$\frac{1}{4}$ C. sugar
1 C. wheat flour	2 eggs
2 C. fine corn meal	1 t. salt

To the buttermilk add soda which has been dissolved in lukewarm water. Separate the eggs; stir the yolks well with the sugar and butter; add the milk, salt, corn meal and flour. Then stir into this the beaten egg whites. Bake in gem moulds in quick oven.

GRAHAM GEMS

Mrs. E. E. Little

- | | |
|-----------------------|-----------|
| 1 C. sour milk | 1 t. salt |
| $\frac{1}{2}$ t. soda | 1 egg |
| 2 T. brown sugar | |

Add graham flour to make thin batter and bake in hot oven 15 minutes.

GRAHAM GEMS

Mr. J. H. Williams

- | | |
|------------------------|-------------|
| 1 C. graham | 2 t. B P |
| 1 C. flour | 1 T. butter |
| 1 C. sweet milk | 1 egg |
| $\frac{1}{3}$ C. sugar | salt |

ENGLISH MUFFINS

Mrs. H. W. Richey

- | | |
|-------------------------|-----------------------|
| $\frac{1}{3}$ C. butter | 1 egg |
| $\frac{1}{4}$ C. sugar | 1 heaping t. B P |
| $\frac{1}{4}$ t. salt | $\frac{3}{4}$ C. milk |

2 C. flour, measured after being sifted twice. Cream butter

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and sugar. Add salt. Beat egg thoroughly with Dover beater. Add milk to egg and then add this mixture and the flour into which the baking powder has been sifted, to the creamed butter and sugar alternately. Bake in moderately hot oven. Raisins may be added if desired.

GRAHAM MUFFINS

Mrs. Cora Smith, Bagley, Iowa

- | | |
|-----------------------|-----------------------------------|
| 1 C. white flour | 1 t. salt |
| 1 C. graham flour | 1 C. sour milk |
| 5 t. B P | (Omit soda when using sweet milk) |
| $\frac{1}{2}$ t. soda | |
| 2 T. shortening | |

Mix dry ingredients with shortening as for baking powder biscuits. Add milk enough to make a dough soft enough to drop from the spoon into well greased muffin tins. Bake in quick oven about 15 minutes.

MUFFINS—WHITE OR GRAHAM

Mrs. Ben J. Cole

- | | |
|-------------|-----------------------------|
| 2 T. sugar | 1 C. sweet milk |
| 1 T. butter | 3 t. B P |
| 1 egg | 3 C. flour, either white or |
| Salt | $\frac{1}{2}$ graham |

Mix all together and beat well. Bake in gem pans 15-20 minutes in medium oven. Very light and fluffy.

GRAHAM GEMS

Mrs. J. A. Harvey

- | | |
|-----------------------------|-------------------------|
| $1\frac{1}{2}$ C. sour milk | 1 T. butter |
| 1 egg | $1\frac{1}{2}$ t. sugar |
| $\frac{1}{2}$ C. sugar | |

A little salt and wheat flour. Graham flour to make quite thick.

NUT GRAHAM MUFFINS

Mrs. Escott Hicks

- | | |
|-------------------------------|----------------------|
| 1 C. graham flour | 1 C. white flour |
| $\frac{1}{2}$ C. chopped nuts | 1 C. milk |
| $\frac{1}{3}$ C. sugar | 1 egg |
| $\frac{1}{2}$ T. salt | 1 T. butter (melted) |
| 3 t. BP. | |

Mix and sift dry ingredients, add milk gradually, then melted butter and beat well. Add beaten egg. Bake 25 minutes in hot oven in greased pans.

GRAHAM GEMS

Mrs. J. H. Ainsworth

- | | |
|-------------------|--------------------------------|
| 1 egg | 1 C. graham flour (little more |
| 1/2 C. sugar | white or graham flour) |
| Beat together. | 1 T. melted butter |
| 1 C. sour milk | salt |
| 1 t. soda | |
| Bake in gem pans. | |

BRAN GEMS

Mrs. L. H. Willson

- | | |
|----------------------------|----------------------------|
| 1 1/2 C. whole wheat flour | 1 1/4 C. sour milk |
| 1 1/2 C. bran | 1 T. melted butter |
| 1 t. salt | 1 t. soda |
| 1/2 C. molasses | 1/2 C. raisins, if desired |
- Mix dry ingredients, add soda to sour milk. Bake 30-35 minutes.

VELVET PANCAKES

Mrs. F. H. Logsdon

- | | |
|--------------------|----------------------|
| 1 T. melted butter | 1 egg beaten well |
| 1 C. flour | 1 C. milk |
| 1/2 t. salt | 1 t. cream of tartar |
| 1 t. soda | |

Method: Add butter and 1/2 milk to egg. Add salt and flour and beat until smooth. Dissolve soda in rest of milk and add last.

PANCAKES

Mrs. Roy McCurdy

- | | |
|-----------------|----------------|
| 2 eggs | 2 2/3 C. flour |
| 3 C. buttermilk | 2 t. BP. |
| 1/2 t. soda | Salt to taste |
| 3/4 C. cornmeal | |

Add salt to eggs and beat until light. Dissolve soda in buttermilk and add to eggs. Sift cornmeal, flour, and baking powder and add to first mixture. Cornmeal may be omitted and all white flour used. Beat thoroughly. Syrup may be added to make them brown nicely.

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GRIDDLE CAKES

Mrs. A. B. Maxwell

1 $\frac{3}{4}$ C. flour	2 eggs
Salt	1 $\frac{1}{2}$ C. milk
3 t. BP.	1 T. shortening

Bake on aluminum griddle without greasing.

SYRUP OF SUGAR AND WATER FOR WAFFLES OR PANCAKES

Mrs. O. E. Wilson

2 C. sugar	1 C. boiling water
------------	--------------------

Stir until dissolved. This will not harden.

WAFFLES

Cora B. Hoke and Mrs. E. E. Sowers

1 $\frac{1}{2}$ C. milk	2 eggs
1 T. sugar	1 T. melted butter
$\frac{1}{2}$ t. salt	2 t. BP.
2 C. flour	

Sift flour, baking powder, salt, and sugar, add milk and well beaten egg yolks. Then add butter and lastly the stiffly beaten whites of eggs. Fry on hot buttered waffle iron. Serve with hot maple syrup.

WAFFLES

Mrs. L. H. Willson

2 $\frac{2}{3}$ C. flour	4 T. sugar
6 t. BP.	2 C. milk (sweet)
$\frac{1}{2}$ t. salt	3 eggs

Mix dry ingredients. Add milk and yolk of eggs. Beat. Fold in whites of eggs, well beaten.

PENNSYLVANIA WAFFLES

Mrs. A. T. Erwin

With 1 pt. flour mix enough sour milk or butter milk to make a stiff batter; add salt, $\frac{1}{2}$ C. melted lard, yolk of 1 egg. Beat well. Add 1 t. soda and enough sweet milk to make batter consistency of thick cream; add 1 t. baking powder and the beaten white of 1 egg.

WAFFLES

Miss Daisy Ann Johnson

1 $\frac{1}{2}$ C. flour	1 t. salt
1 T. BP.	3 eggs

- | | |
|------------|--|
| 1 C. water | $\frac{1}{4}$ C. oil (Mazola or melted |
| 1 T. sugar | lard, butter, etc. |
- Mix like muffins or pancakes, add oil last. Only grease waffle iron for first waffle.

WAFFLES

Mrs. A. B. Maxwell

- | | |
|-----------------------|------------------------|
| 2 C. flour | $1\frac{3}{4}$ C. milk |
| 4 t. BP. | 2 eggs |
| $\frac{3}{4}$ t. salt | 1 T. melted shortening |
- Sift flour, baking powder and salt together. Add dry ingredients, add shortening and fold in whites of eggs.

WAFFLES

Mrs. C. W. Stafford

- | | |
|-----------------------|-------------------------------|
| 2 C. flour | 1 C. milk (more may be neces- |
| $\frac{1}{2}$ t. salt | sary) |
| 3 t. BP. | 2 eggs well beaten |
| 1 T. melted butter | |

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SOUPS

*One morning in the garden bed
The onion and the carrot said,
Unto the parsley group:
"Oh, when shall we three meet again,
In thunder, lightning, hail or rain?"
"Alas," replied, in tones of pain,
The parsley, "In the soup."*

The basis of soup is the broth of meat. This may be made by boiling the cracked joints of beef, veal or mutton, and is best when cooked the day before it is to be eaten. Cover meat well with cold water and let it come to a boil. Then it should be skimmed. Let simmer slowly for hours, closely covered. When cold, remove the fat which will harden on top. Strain through colander and you have fine soup stock.

POTAGE A LA RENE

Mrs. L. B. Schmidt

Boil chicken until tender. Strain stock and remove all fat. Chop white meat to corn meal fineness.

Yolks of 6 hard boiled eggs $\frac{1}{2}$ C. fine rolled bread crumbs

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Ames, Iowa

White of one egg mashed fine 1 T. celery hearts, minced fine
 1 doz. small chopped mushrooms Dash of currie powder
 Nutmeg and salt

1 t. of onion, minced fine

Pour over bread crumbs, one cup of cream. Place chicken stock in double boiler and add above ingredients. Served with lettuce sandwiches, olives, and an ice for desert, one has an ideal luncheon menu or "after theatre" supper.

The success of this soup depends entirely upon the fineness of chopped materials and its smoothness. (I always serve with teaspoon of whipped cream, a sprig of parsley in boullion cups.)

ESCALLOPPED OYSTERS

Alda Wilson

Place one quart of oysters in colander to drain. Melt $\frac{1}{2}$ cup butter and pour over 1 cup coarse cracker crumbs and $1\frac{1}{2}$ cup coarse bread crumbs mixing well with a fork. Sprinkle bottom of well buttered baking dish with crumbs, cover with layer of oysters, salt, pepper, 3 T. each of oyster liquor and cream, repeat until oysters and crumbs are used. Cover top with crumbs. Bake 20 minutes.

CREAM OF CORN SOUP

Mrs. Elmer Coffin

1 can or 1 pt. of corn 1 t. salt
 1 qt. of milk $\frac{1}{8}$ t. pepper
 2 T. flour

If fresh corn is used boil until soft in 1 pt. of water. Force the corn through a coarse strainer. Add the pulp and seasonings to the milk thickened with flour. Place on stove and beat for five minutes or until it steams.

CREAM OF CUCUMBER SOUP

Miss Alice Keenan

2 large cucumbers $1\frac{1}{2}$ C. milk
 1 medium sized onion 2 T. butter
 $1\frac{1}{2}$ C. seasoned potato water Salt and pepper
 drained from previously Whipped cream
 boiled potatoes Parsley

Method: Peel cucumber and onion and put through food chopper or cut very fine. Add to potato water and cook until cucumbers and onions are soft. Add the heated milk and butter, also salt and pepper. Bring to boiling point and serve at once. To each serving add one heaping teaspoon of whipped cream. Sprinkle chopped parsley over the top.

SOUP WITH EGG BALLS

Mrs. Elmer Coffin

Rub yolks of 4 hard boiled eggs with a little melted butter to a paste, add pepper and salt. Beat two raw eggs. Add to the above with flour enough to make them hold together in balls. Boil 1 minute in any good soup.

POTATO SOUP

Mrs. J. A. Harvey

4 C. milk	3 T. flour
2 C. mashed potatoes	1½ t. salt
4 T. butter	

Scald milk, prepare potatoes, add butter, flour and salt. Add milk slowly. Cook 5 minutes.

LIMA BEAN SOUP

Soak 1 C. dried lima beans over night. Drain, add 3 pts. water and simmer until soft. Rub through sieve. Cut 2 slices onion and 2 of carrot and fry 5 minutes in 2 T. of butter, stirring constantly. Add 2 T. flour, mix well and put into the soup, to which you have added one cup milk. Salt and pepper and add 2 T. butter. Strain and serve.

CREAM OF TOMATO SOUP

Daisy Anne Johnson

In a saucepan melt 3 T. butter and to it add 3½ T. flour; stir to smooth paste then add 2 C. canned tomatoes gradually blending with the flour mixture. Now add ¼ t. soda, 1 t. salt and a slice of onion.

Return to the fire and cook five minutes; strain and cool. When cold add 1½ C. cold milk; heat and serve, or add hot milk to hot tomato mixture.

VEGETABLE PUREE

Mrs. Guy Dodds

Twelve potatoes	½ C. butter cut into bits and
1 qt. tomatoes	rolled in flour
2 onions	Bunch sweet herbs
3 stalks of celery	Salt and pepper
t. sugar	3 qts. water

Fried bread cut in diamonds. Cut the vegetables and sweet herbs coarsely, cook one hour in 3 qts. of water, rub through colander, return to kettle, add sugar, salt and pepper. Boil, stir in the butter, simmer 8 or 10 minutes. Pour over bread in tureen.

CREAM TOMATO SOUP

Mrs. Elmer Coffin

Heat and strain 1 qt. can tomatoes. Add $\frac{1}{2}$ t. soda and set aside in warm place. Bring to a boil 1 qt. of milk. Add tomato but do not let boil as it may curdle. Season with salt and pepper, and add large T. butter. Serve with spoonful whipped cream and one of grated cheese.

SPINACH SOUP

Mrs. Alva L. Howard

1 qt. white sauce

2 C. cooked spinach

Salt to season

Cut up spinach, bring to boiling point, strain. Combine with hot white sauce, season, reheat and serve.

All other greens may be used in the same way.

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FISH AND POULTRY

*"I fished all day and caught—
A cold; and just at night
I had a bite—
(Cold ham and such) 'twas not for naught
I fishing went; I hooked at least
An appetite."*

"It is unseasonable and unwholesome in all months that have not an "R" in their names, to eat an oyster."—Butler.

CUP OYSTERS

Mrs. Herman Knapp

Put into each C. (ramakin)	Shake of salt and pepper
1 T. fine cracker crumbs	1 t. cream
1 t. butter	6 oysters

Fill cup nearly full with milk. Set cups in pan of water and bake 20 minutes. Stir gently with fork when half done.

SALMON IN A MOLD

Mrs. Gayle Kurtz

Take 1 large can salmon; pour off oil, remove all bones, stir fish till smooth. Add 2 T. melted butter, $\frac{1}{2}$ C. bread crumbs, 3 well beaten eggs, pepper, salt. Put in a buttered dish, steam 1 hour, turn on platter and pour over it a sauce: 1 C. sweet milk, 1 T. corn starch, wet with the milk, add oil from salmon and 1 well beaten egg, boil slowly till thick.

FISH BALLS

Mrs. Carl L. Little

1 flat can white tuna fish	$\frac{1}{2}$ C. fresh bread crumbs
1 egg well beaten	Salt and pepper

Mix well, make into small balls and fry until brown.

SALMON LOAF

Mrs. F. P. Reed

$\frac{1}{2}$ lb. can of salmon	1 T. chopped pickle
$\frac{1}{2}$ C. bread crumbs	$\frac{1}{2}$ t. salt
1 egg, well beaten	$\frac{1}{4}$ t. paprika
1 T. lemon juice	1 t. butter
1 T. chopped parsley	2 T. water

Mix thoroughly salmon, egg, bread crumbs, water, lemon juice, parsley, pickle, salt and pepper. Shape into a loaf and place in well buttered bread pan. Dot with butter, pour 1 C. water over loaf and bake 30 minutes in a moderate oven.

SALMON PUDDING

Mrs. C. H. Pasley

1 can salmon

Pour off the juice—remove bones and skin. Mash salmon with fork and put with it:

1 C. bread or cracker crumbs 1 C. of milk beaten with

2 beaten eggs 1 T. melted butter

Salt and pepper

Pour this on salmon, then beat well, form in a cake in buttered pan and steam one hour.

White Sauce

1 T. butter and

1 C. milk and

1 T. flour creamed

Juice of salmon

Boil until it thickens. Keep hot and pour over each serving.

CRAB MEAT AU GRATIN

Mrs. W. H. Jameson

2 T. butter

 $\frac{1}{2}$ green pepper cut in bits

Cook these together 5 minutes then add 2 level T. flour, $\frac{1}{2}$ C. thin cream, $\frac{3}{4}$ C. tomatoes with $\frac{1}{8}$ t. soda in tomatoes first,

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then 2 C. finely grated cheese. Stir all well and after cheese is melted add 1 slightly beaten egg, salt, pepper, and one 6½ oz. can crab meat. Serve on toast. Can be made early and set in pan of hot water. Serves 8 people.

CHICKEN AND NOODLES

Mrs. F. E. Allen

Cut up chicken, roll in flour, season and brown in plenty of fat in a roaster, cover with good rich milk (warmed) and place in oven with roaster covered. When the chicken is tender, cover the contents of roaster with a layer of noodles and return to oven with roaster covered for one half hour. If there does not seem to be enough liquid before adding noodles, place more warm milk over chicken.

CHICKEN PIE CRUST

Mrs. Escott Hicks

2 C. flour	2 t. BP.
1 C. milk	1 egg
1 rounded T. butter	Salt

Put powder in the flour, melt butter, beat egg, add milk and mix with fork. Put over pie with fork.

CHICKEN CROQUETTES

Mrs. Elmer Coffin

1 T. butter	1 C. chicken chopped fine—
1 T. flour	seasoned with salt and pep-
1 t. salt	per and a little celery salt
½ C. milk or cream	

Melt butter, add flour, cook till creamy. Add salt then cold milk. Stir till thick, add chicken, spread on platter and cool. Make in forms and roll in egg and 1 T. of water, then in bread crumbs and fry in deep fat.

CHICKEN TIMBALES

Mrs. H. W. Warner

8 T. butter	2 T. parsley
1 C. bread crumbs	8 eggs
2 2/3 C. milk	Salt
4 C. chicken	Pepper

Melt fat, add bread crumbs and milk. Cook 5 minutes, stirring constantly. Add chicken, parsley cut fine, and eggs slightly beaten. Mix with fork. Pack in buttered molds. Set in pan of hot water and bake about 20 minutes.

CHICKEN PIE

Mrs. J. A. Harvey

- | | |
|------------|---------------------|
| 2 C. flour | 2 T. butter or lard |
| 1 t. salt | 1 egg |
| 2 t. BP. | 1 C. sweet milk |

Sift flour, baking powder and salt together. Rub in shortening as for biscuit. Beat egg and add to milk. Pour into flour slowly, mixing with spoon. Do not beat. Drop in spoonfuls over the top of chicken prepared in the usual way.

CHICKEN AND OTHER MEAT PIES

Stew several lbs. of meat until tender keeping it well covered with water. Add several small potatoes, cut into small pieces. When the potatoes begin to soften, season all with salt and pepper. Mince the meat finely, place in pan the pie is to be baked in, together with the potatoes. Cover all with stock enough to make it quite juicy. Use snow ball biscuits for crust. Cut with biscuit cutter and lay on top of meat. Bake in a quick oven.

CHICKEN PIE CRUST

Mrs. W. A. Matlack

- | | |
|---------------------|------------------------|
| 2½ C. flour | 1 egg beaten in a cup, |
| 2 t. butter or lard | fill with sweet milk |
| 2 T. BP. | A pinch of salt |

DOVE CHICKEN

Mrs. Cheney J. Lynch

Boil a large chicken in just enough water to cover; when tender remove from kettle. Add to chicken broth ½ can of tomatoes, some minced parsley, a little red pepper, one chopped onion, a little black pepper and salt. Stew to a rich gravy. Make stuffing of mashed potatoes moistened with some of this gravy. Stuff the chicken; then brown in oven. Serve with the rest of the gravy, add a little thickening.

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EGGS, CHEESE, MACARONI RICE

*"O egg, within this oval shell
What palate's tickling joys do dwell."*

EGGS

To keep left over yolks of eggs fresh, put into a bowl and cover with cold water.

Three minutes boils eggs soft. Five minutes cooks all hard except yolk.

To prepare soft eggs, drop in boiling water, then remove dish from stove, letting stand ten minutes before removing the eggs. Eggs hard boiled should be dropped in boiling water, removed to back of stove, and kept just below boiling point for one half hour.

EGGS WITH WHITE SAUCE

Mrs. Elmer Coffin

Boil 6 eggs hard. Remove shells and slice lengthwise. Melt 2 large T. butter. Add 1 heaping T. flour. Stir until smooth.

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Add $1\frac{1}{2}$ pt. milk. Pour over eggs.

EGGS WITH TOMATOES

Mrs. J. M. Spinning, Rochester, N. Y. (Mrs. R. A. Pearson)

- | | |
|-----------------------------------|----------------|
| 1 T. butter | Salt |
| 1 T. flour | Cayenne pepper |
| $1\frac{1}{2}$ C. cooked tomatoes | 4 eggs |

Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings and stir until thoroughly blended; then add tomato, cook until creamy. Into this drop the eggs, baste. Serve on toast. This makes a good luncheon or supper dish.

CHEESE PUFF

Mrs. R. T. Jeffrey

- | | |
|---------------------------------|------------------------|
| $1\frac{1}{2}$ C. grated cheese | 1 C. boiled rice |
| $\frac{1}{2}$ C. milk | 1 t. butter (softened) |
| 3 eggs | Salt to taste |

Mix the ingredients together with the beaten yolks of the eggs. Whip the whites to a stiff froth and fold in lightly. Turn into a buttered baking dish and bake one half hour.

CHEESE SOUFFLE

Mrs. G. W. Snedecor

- | | |
|------------------------------|-----------------------------------|
| 1 C. soft stale bread crumbs | 1 C. milk |
| 1 T. butter | 2 eggs |
| $\frac{1}{2}$ t. salt | $\frac{1}{4}$ lb. American cheese |

Scald the milk, add butter and salt and pour over bread crumbs. Beat the eggs separately, very light, put in yolks, then whites, and add the cheese cut up very fine or grated, and bake about 15 minutes in a buttered serving dish.

PRESSED EGGS

Mrs. J. C. Waterman, Burke, South Dakota

Use any number of eggs. Boil until quite hard. Remove shells. Chop fine, add salt, pepper, mustard and 1 t. melted butter to each egg. Mix well and press into bread pan. Let stand one hour or more and slice.

CHEESE PUFF

M. F. Allen

Soak until soft, 1 C. bread crumbs in sweet milk enough to cover; add 1 full C. of grated cheese, 3 eggs well beaten, butter

the size of an egg, melted. Mix crumbs, eggs, cheese and butter together and put in a baking dish, grate bread crumbs over the top. Bake one half hour in a rather hot oven. Serve immediately.

CHEESE FONDUE

Mrs. Gus Martin and Mrs. E. R. Smith

- | | |
|--------------------------------|-----------------------|
| 1 C. scalded milk | 1 T. butter |
| 1 C. stale bread crumbs | $\frac{1}{2}$ t. salt |
| $\frac{1}{2}$ C. grated cheese | 3 eggs |

Mix first 5 ingredients. Add yolks of eggs, beaten until lemon colored. Fold in whites of eggs beaten stiff. Pour into buttered baking dish set in pan of hot water and bake 20 minutes in moderate oven. Serve hot.

CHEESE RELISH

Mrs. W. R. Raymond

- | | |
|---------------------------------|--------------------------|
| $\frac{1}{4}$ lb. cheese sliced | $\frac{1}{2}$ t. mustard |
| 1 C. milk | A little pepper |
| $\frac{1}{2}$ t. salt | |

When this comes to a boil add 1 C. rolled crackers. Stir briskly and serve at once in a hot dish.

WELSH RAREBIT

Gwendolyn Graves

- | | |
|--------------------------|--------------------------|
| 1 T. butter | 1 egg |
| 1 C. milk | $\frac{1}{2}$ t. salt |
| $\frac{1}{2}$ lb. cheese | $\frac{1}{8}$ t. paprika |
| 1 T. flour | |

Melt the butter, stir in the flour and mix well. Add the milk and stir until it slightly thickens. Add egg well beaten then cheese cut in small pieces, cook until cheese melts. Serve hot on toast or crackers.

BAKED MACARONI WITH CHIPPED BEEF

Mrs. Jennie McElyea Beyer

Break macaroni in one inch pieces (there should be 3 C.) and cook in boiling, salted water until soft; drain and pour over 1 qt. cold water. Remove skin from $\frac{1}{4}$ lb. thinly sliced smoked dried beef and separate in pieces. Cover with hot water, let stand ten minutes and drain. Arrange in buttered baking dish alternate layers of macaroni and dried beef, having two of each. Pour over 2 C. white sauce, cover with $\frac{3}{4}$ C. buttered cracker crumbs and bake in hot oven until crumbs are brown. For the

white sauce, melt 4 T. butter, add 3 T. flour and stir until well blended, then pour on gradually while stirring constantly, 2 C. milk. Bring to the boiling point and add $\frac{1}{2}$ t. salt and $\frac{1}{8}$ t. pepper.

CONVENT PIE

Mrs. Jennie McElyea Beyer

- | | |
|---------------------------|--------------------------------|
| $\frac{1}{2}$ C. macaroni | $\frac{1}{2}$ C. grated cheese |
| 1 C. cream | 1 t. onion juice |
| 1 C. soft bread crumbs | 1 T. chopped parsley |
| $\frac{1}{4}$ C. butter | 3 eggs |
| 1 t. red or green pepper | 1 t. salt |

Cook macaroni in boiling salt water until tender. Drain and rinse in cold water. Scald the cream, add bread crumbs, butter, pepper, salt, grated cheese, parsley, onion juice, the beaten eggs and macaroni. Line quart baking dish with buttered paper, turn in mixture. Set pan on many folds of paper in dish of water and bake in moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Serve with tomato or mushroom sauce.

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MACARONI AND CHEESE

Mrs. C. B. Little

- | | |
|----------------------|------------------------|
| 1/2 C. macaroni | 1 T. pepper or pimento |
| 1 C. cream | 1 t. onion juice |
| 1 C. soft crumbs | 1 t. chopped parsley |
| 1/4 C. butter | 1 t. salt |
| 1/2 C. grated cheese | 3 eggs |

Cook macaroni, drain. Scald milk, add crumbs, butter, pepper and salt, cheese, parsley, onion juice, beaten egg and macaroni. Turn mixture in buttered baking dish, set dish in dish of water and bake from 1/2 to 3/4 hour in moderate oven. Serve with tomato sauce.

MACARONI LOAF

Mrs. W. R. Raymond

- | | |
|----------------------------|----------------------|
| 1 C. macaroni | 1 T. onion, ground |
| 1 C. bread crumbs | 1 T. parsley, ground |
| 1/4 C. butter | 1 T. salt |
| 1/4 lb. cheese ground | 1 C. scalded milk |
| 1 T. green peppers, ground | 3 eggs |

Bake 35 minutes in greased mold, turn out and serve with tomato sauce.

MACARONI LOAF

Mrs. Clyde Jones and Miss Puffer, Avon, N. Y.

- | | |
|--|---|
| 1 C. macaroni, boil in hot water until tender, drain | 1 t. red or green peppers, or 1 t. chopped onion or parsley |
| 1 C. cream or milk | |
| 1 C. soft bread crumbs | 3 eggs |
| 1/4 C. butter | Salt |
| 1/2 C. grated cheese | |

Line pan with oiled paper and put in pan of water with newspapers in bottom. Bake 1/2 to 3/4 hours in moderate oven.

ITALIAN SPAGHETTI

Mrs. Craig Stephenson

- | | |
|-------------------------------|------------------------------|
| 2 large onions, ground fine | 1 large can of tomatoes |
| 1 lb. round steak ground fine | 1 8-oz. package of spaghetti |

Brown the onions in hot Crisco or meat drippings, add the ground meat, cooking and stirring until particles are separated and seared. Add the tomatoes and cook slowly stirring frequently, 1 1/2 hours or until thick. Season to taste with salt and pepper. Cook spaghetti in boiling water until tender, drain and

place on platter. Cover with meat sauce and serve. This meat sauce is also delicious used with a can of red kidney beans instead of spaghetti.

SPANISH RICE

Mrs. Mary G. Bryant

4 slices bacon, diced	1 pt. tomatoes
2 C. cooked rice	$\frac{1}{2}$ t. chili powder
1 minced onion	Salt and pepper

Fry bacon and cook onion in the fat taking care not to brown. Add rice, tomatoes and seasonings and simmer 20 minutes.

RICE (EASTERN WAY)

Mrs. A. T. Erwin

Rice prepared in the eastern way is washed then thrown into boiling water for a few minutes. Have a skillet with very hot fat, put rice in and stir until each grain is well coated, then put into a kettle and add sufficient water to cook till tender.

BEN J. COLE

GENERAL CONTRACTOR

VEGETABLES

*"The carrot red and the cabbage head,
With the squash and the onion vie;
But who can tell his emotion well,
At the thoughts of a pumpkin pie!"*

TIME FOR BOILING VEGETABLES

Beets—1 to 2 hours, then put in cold water and strip off.	
Onions—Boil in 2 or 3 waters, adding milk the last time.	
Turnips—40 to 60 minutes.	Green Corn—20 minutes.
Spinach—20 minutes.	Green Peas—20 minutes.
Parsnips—20 to 30 minutes.	Asparagus—20 minutes.
String Beans—1½ hours.	Cabbage—1 to 2 hours.
Carrots—2 hours.	Potatoes—30 minutes.
Shell Beans—1 hour.	

PEAR POTATOES

Mrs. H. R. Long

Boil and mash potatoes in usual way but do not add quite as much milk as they should be quite firm. Then add a generous

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The Fair

helping of butter, salt and pepper to taste. When cool enough to handle well, mold in pear shape with hands. Then roll them in an egg which has been well beaten, white and yolk together. Place on a buttered pan and stick a whole clove in the top of each pear. Bake in a moderate oven until brown.

CORN SCUFFLE

Mrs. L. J. Lynch

- | | |
|--------------------------|-------------|
| 1 can Ames corn, drained | 1 T. butter |
| 1 C. rich milk | |

Season well with salt and white pepper. Add beaten yolks of three eggs and cook in double boiler until creamy, stirring all the while. Let the mixture cool and stir in lightly the stiffly beaten whites. Turn into a buttered dish and bake 20 minutes in a rather hot oven.

PITTSBURGH POTATOES

Mrs. M. E. Fowler

- | | |
|--------------------------------|-------------------------------|
| 1 qt. sliced or diced potatoes | 2 T. flour |
| steamed | 2 T. butter |
| 1/2 onion sliced, cooked in | 2 pimentos |
| salted water until tender | Salt and pepper |
| 2 C. milk | 1/4 lb. cheese grated, on top |

Bake until a golden brown.

PITTSBURGH POTATOES

Mrs. F. N. Beam

- | | |
|---------------------|----------------|
| 2 C. diced potatoes | 1 T. butter |
| 1/2 onion | 1/2 t. salt |
| 2 pimentos | 1 C. milk |
| 1/4 T. flour | 1/4 lb. cheese |

Cook potato cubes with the minced onion until nearly tender. Use salted boiling water. Add finely cut pimentos and cook five minutes. Drain and place in baking dish. Make a sauce of the butter flour, salt, pepper and milk. Add grated cheese last. Pour over the potatoes and bake until brown.

POTATO DUMPLING

Mrs. J. L. Robinson

Boiled potatoes put thru a ricer and mashed thoroly. Brown butter and slice of onion together. Add toasted bread crumbs, chopped parsley, salt and pepper. Mix thoroly. Beat one egg, add above mixture. Sprinkle with flour. Roll in small balls (inch and half in diameter). Let set several hours. Cook in

boiling salt water 8 minutes. Serve with left over gravy or a white sauce.

SCALLOPED SWEET POTATOES WITH APPLES

Mrs. W. H. Jameson

Boil sweet potatoes with peeling on until tender; when cool, peel. Butter a baking dish and slice sweet potatoes about 1 inch. Sprinkle with brown sugar and dots of butter. Peel tart apples and slice in a layer of apples and sprinkle apples with brown sugar and dots of butter. Repeat with a layer of sweet potatoes and apples to top of dish. Add brown sugar and butter last, cover and set in medium hot oven 1 hour, remove cover the last 20 minutes to brown; do not add any other moisture.

EGG PLANT ITALLIENNE

Mrs. C. F. Curtiss

Cut eggplant in $\frac{1}{2}$ inch slices. Pare, sprinkle well with salt, let stand $\frac{1}{2}$ hour, rinse, wipe, roll in beaten egg, then in crumbs and fry in butter, browning both sides of slices. Place in pyrex pie plate, pour over $\frac{3}{4}$ C. tomato juice, sprinkle well with grated cheese. Bake 15 minutes.

GERMAN CABBAGE

Mrs. H. D. Bergman

1 medium head of cabbage, chop as for slaw, then add boiling water to cover. Salt and cook 20 minutes. Drain and add $\frac{1}{2}$ C. sugar, $\frac{1}{3}$ C. vinegar, 1 T. of butter and salt to taste. Boil all up thoroughly and serve.

COOKED CABBAGE

Cora B. Hoke

Cut cabbage fine, put on to stew with very little water and 2 T. meat fryings. When done if any juice is left, drain and add the following mixture:

1 egg	$\frac{1}{2}$ C. sour cream
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. vinegar
Salt to taste. Boil a few minutes and serve.	

CABBAGE DRESSING

Mrs. Elmer Coffin

Yolks of 6 eggs	$\frac{2}{3}$ C. sugar
1 C. water	1 t. of mustard
1 C. vinegar	Little salt
Cook until commencing to bubble. Serve.	

TURNIP CUPS

Mrs. C. W. McDonald and Mrs. J. L. Robinson

Take small white turnips, scoop out center. Invert in boiling salt water, cook slowly until easily pierced with a fork. Fill turnip cups with diced cooked carrots. Pour white sauce over the top. Serve hot.

CORN SOUFFLE

1 can corn	1 C. milk
1 T. butter	1 1/4 t. salt
2 T. flour	Few grains of pepper
2 eggs	

Melt butter, add flour and pour on gradually milk. Bring to boiling point. Add corn, seasonings, yolks of eggs beaten until thick and whites of eggs beaten stiff and dry. Turn into a buttered dish and bake in a moderate oven from 25 to 30 minutes.

CORN A LA SOUTHERN

Mrs. F. G. Churchill

To 1 can of chopped corn, add 2 eggs, slightly beaten, 1 t. salt, 1/8 t. pepper, 1 1/2 T. melted butter, 1 pt. scalded milk; turn into a buttered pudding dish and bake in a slow moderate oven until firm.

CABBAGE AU GRATIN

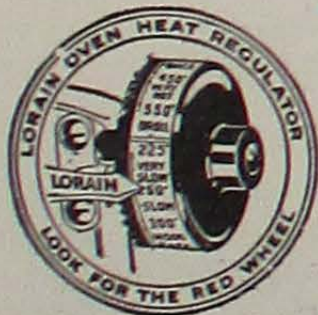
Florence E. Busse

Arrange alternate layers of cooked and well seasoned cabbage and medium white sauce in a baking dish. Sprinkle grated cheese between layers. Cover with buttered crumbs and grated cheese and bake until crumbs are brown.

STUFFED PEPPERS

Florence Walls

Mix equal parts of bread crumbs and ground meat. Left over vegetable may also be added. Moisten with left over gravy,



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NEVADA

tomato sauce or any other left over meat sauces. Season. Stuff peppers. Have mixture very moist. The tendency is to get the mixture too stiff. Bake until the peppers are tender.

GREEN PEPPERS FARCI

Florence E. Busse

Cut the tops from green peppers. Scoop out the inside, and boil for five minutes. Fill the cavities with cold cooked veal or ham, $\frac{1}{2}$ C. bread crumbs, $\frac{3}{4}$ C. cream or white sauce and 1 T. butter. Season with salt, onion juice and minced parsley.

CARROTS

Mrs. C. W. McDonald

Wash, scrape carrots and cut into thin slices. Slice an equal quantity or as many onions as desired and cook with carrots in boiling salted water to which a little sugar has been added. Cook down until almost all the water has disappeared. Add a medium white sauce and serve hot.

HARVARD BEETS

Mrs. C. W. Stafford

12 beets (medium sized)	$\frac{1}{2}$ C. vinegar
$\frac{1}{2}$ C. sugar	2 T. butter
$\frac{1}{2}$ T. corn starch	

Mix sugar and corn starch. Add vinegar and boil 5 minutes. Add diced cooked beets and let cook slowly 10 minutes. Add butter just before serving.

CREAMED CELERY

Mrs. Elmer Coffin

1 T. flour	1 C. milk
1 T. butter	

Salt and pepper to taste, 3 C. finely sliced celery. Boil the celery until tender and drain. Heat milk in double boiler. Mix butter and flour to thin paste with some of the hot milk. Stir into milk, cook until thickened. Add celery and season rather highly.

CORN OYSTERS

Mrs. C. W. McDonald

1 can corn	1 scant t. salt
2 well beaten eggs	$\frac{1}{2}$ t. black pepper
$\frac{1}{2}$ C. milk	Flour to make thick batter
1 t. BP. to each cup of flour	Drop by spoonfuls into hot fat.

CORN SOUFFLE

Mrs. W. J. Schlick

4 T. butter	1 C. corn
4 T. flour	2 egg yolks
2/3 C. milk	Salt

Fold in beaten whites and bake 35 minutes.

CORN SOUFFLE

Mrs. H. E. Nichols

1/4 C. butter	3 eggs
1/4 C. flour	1/2 t. BP.
2/3 C. milk	1 T. sugar
1 C. cooked corn	Salt and pepper

Melt butter, add flour, seasonings, and then milk. Add corn and yolks of eggs well beaten. Fold in whites beaten stiff. Turn in buttered pan, bake 1/2 hour slowly. Turn on quick heat to brown. One may use chopped meats in place of corn.

SWEET POTATO AND APPLE

Mrs. C. F. Curtiss

Cut large apples in two, halfway between stem and blossom. Remove all core, place halves in pan, cut side up. Put sugar and water in pan, boil or bake until tender but not broken. Boil, drain, mash and season with salt, pepper, butter or thick cream, enough sweet potatoes to serve as many as you have apples. Place large spoonful of potato on top of apple. Baste with spoonful of syrup and put in oven. Five minutes before serving, place a marshmallow on each mound of sweet potato, when slightly browned, serve.

BAKED EGG PLANT

Alda Wilson

Boil an egg plant 1/2 hour; cut in half and scoop out pulp and add to it 1 cup cracker or bread crumbs, 1 onion, salt, pepper and parsley to taste. Put back into shell, baste with butter and bake until brown.

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MEATS

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Or sausage, or ham,
Or nice green peas
With mint sauce and lamb?"*

SOUTHERN BAKED HAM

Mrs. Louis B. Schmidt

Secure a 15 pound smoked ham, with minimum of fat. Have butcher, bone and skewer. Place ham in large utensil and cover completely with cold water. Care should be taken to place some object beneath the ham and the pan to prevent scorching. Parboil slowly two or three hours according to saltiness and size. Change water once an hour. (The fourth hour parboil in milk if possible.) Remove from fire and cool. Remove all surplus fat and tissue which may have become loosened through boiling. Stick all over thickly with whole cloves—and insert several sticks of whole cinnamon. Cover with coating of two T. of sugar, 1 t. of allspice. Let stand over night. Then bake for 3 hours. Serve with the following sauce:

Juice of 12 tart apples (prepared as for ordinary apple sauce). Strain $\frac{1}{2}$ C. of sugar, 1 t. fine chopped citron, $\frac{1}{2}$ C. fine chopped raisins, $\frac{1}{2}$ C. vinegar. Flour to thicken above like gravy.

BOILED HAM

Mrs. F. H. Schleiter

Wash thoroughly, put in kettle, cover with cold water, heat to boiling point, cook 20 minutes to the pound. Let it set in boiled water until cold. Take off skin and some fat, stick cloves one inch apart, cover with brown sugar. Bake one hour in slow oven. Serve hot or cold.

MEXICAN HAM

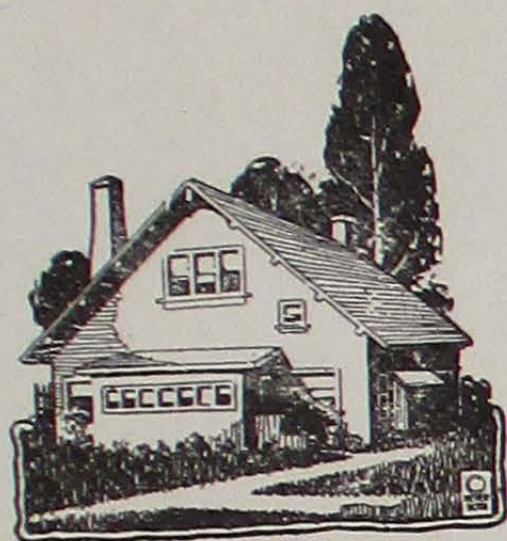
Mrs. F. N. Beam

Slice of ham 2 inches thick. Rub small teaspoon mustard into surface and 1 T. brown sugar. Put in casserole. Pare and slice thin, enough potatoes to cover two or three inches. Dot with butter and pepper, cover with milk and bake 2 hours.

BAKED HAM AND APPLES

Mrs. J. G. Hummel

1 medium slice smoked ham
4 apples (do not peel, but cut in halves and remove core)



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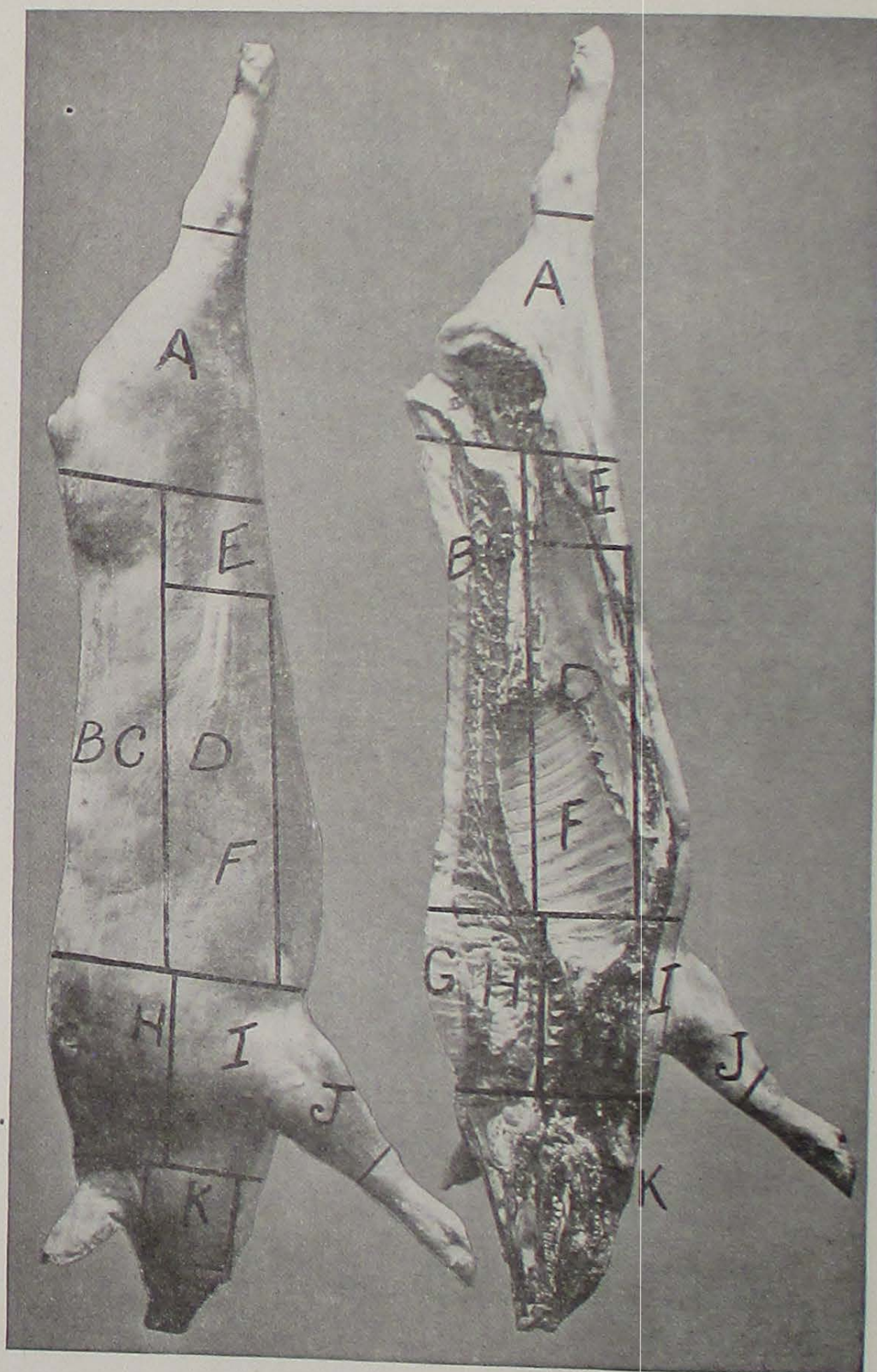
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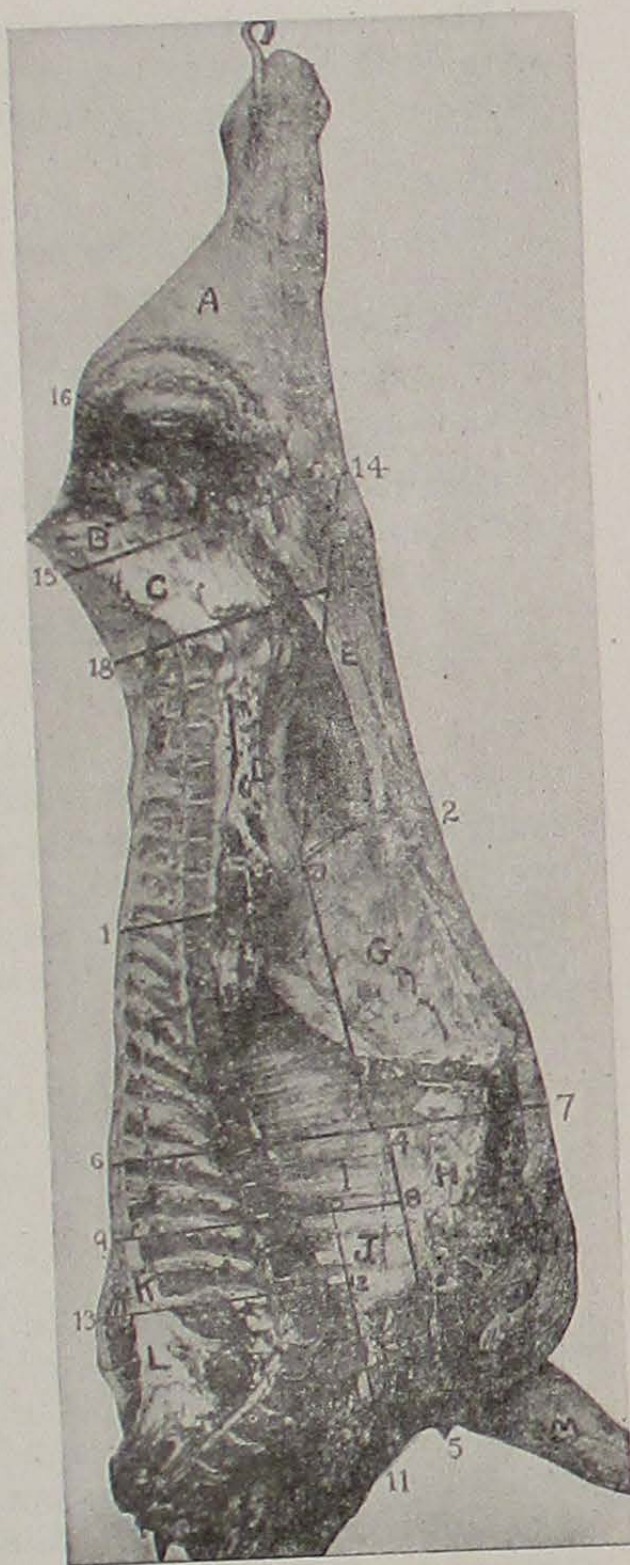
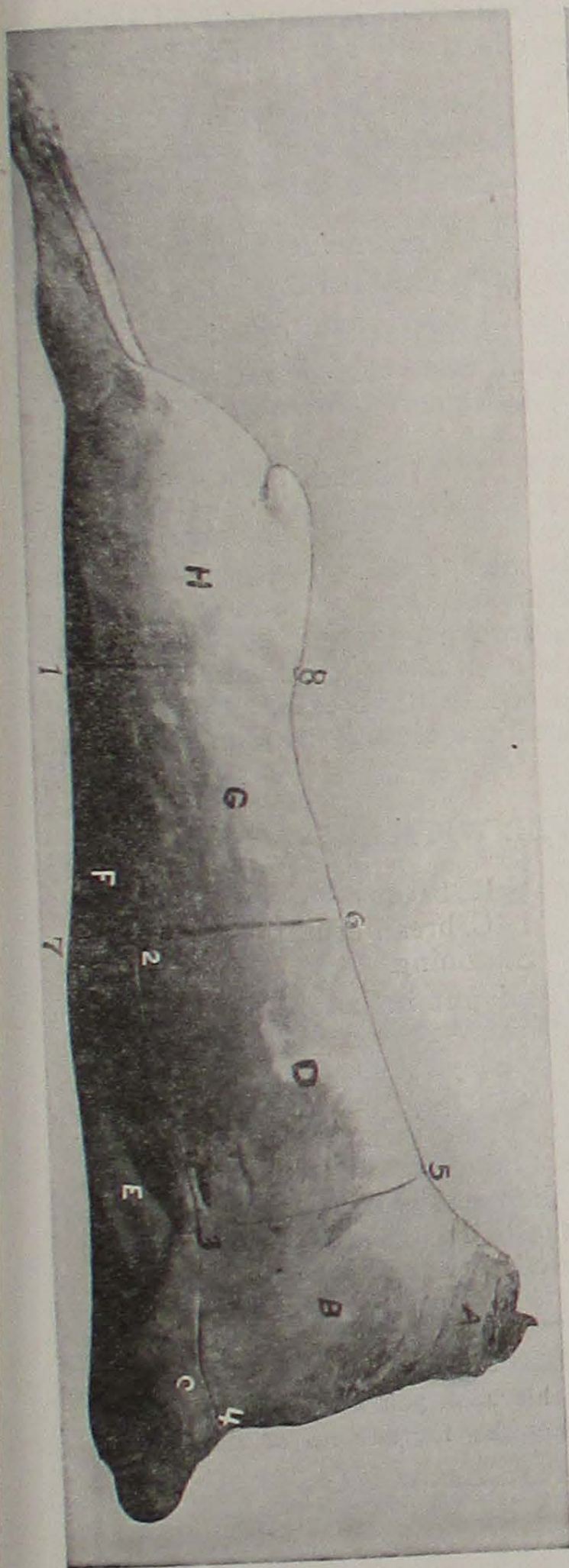
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Cutting Hog Carcass

Fig. 17. Cuts of pork. (A) Ham. (B) Fat back.* (C) Loin. (D) Bacon. (E) Flank piece. (F) Spareribs. (G) Clear plate. (H) Boston butt. (I) Picnic shoulder. (J) Fore shank. (K) Jowl.



Cutting Beef Carcass

Location of cuts of beef. (A) Round. (B) Rump. (C) Loin end. (D) Short loin. (E) Flank. (F) Prime rib. (G) Navel. (H) Brisket. (I) Chuck rib roast. (J) Round bone pot roast. (K) Chuck roast. (L) Neck. (M) Shank. Courtesy Agricultural Experiment Station, Iowa State College.

Left—Cutting Sheep Carcass—Carcass showing cuts. A. Neck; B. Shoulder; C. Shank; D. Short rack or ribs; E. Plate; F. Flank; G. Loin; H. Leg. Courtesy Agricultural Experiment Station, Iowa State College.

Place ham in baking dish, place apples on top and fill cavities with $\frac{3}{4}$ C. brown sugar. Cover ham with water, bake $1\frac{1}{2}$ hours. Serve with scalloped potatoes.

BAKED HAM

Mrs. H. R. Long and Mrs. E. S. Hicks

- | | |
|--------------------------|----------------------|
| 1 lb. ham | 4 T. brown sugar |
| $\frac{2}{3}$ C. vinegar | 2 T. mustard |
| $\frac{1}{2}$ C. water | Cloves, about 1 doz. |

Stick cloves in ham and place in casserole; pour above mixture over it and bake in moderate oven about 50 minutes.

BAKED HAM WITH PINEAPPLE

Mrs. G. E. McFarland

Buy a slice, about 2 inches thick, from a lean smoked ham. Trim off most of the fat from the edge and place in casserole or small covered pan. Pour the juice from a large can of pineapple over it and bake in a moderate oven about $1\frac{1}{2}$ hours. If juice does not cover the meat, turn once while cooking. Serve on a platter with half rings of pineapple arranged around it for a garnish.

BAKED BACON AND LIVER WITH SPINACH BALLS

- | | |
|---------------------------|-------------------------|
| $1\frac{1}{2}$ lbs. liver | $\frac{1}{2}$ lb. bacon |
| 2 C. chopped spinach | 1 C. bread crumbs |
| 2 eggs | Seasoning |

Cut the liver in thin slices and put in bottom of a roaster, cover with very thin slices of bacon. Season to taste with salt, pepper and chopped onion or parsley. Bake in oven $\frac{1}{2}$ hour without cover. Then surround with the spinach balls made by combining the chopped spinach, bread crumbs and the beaten eggs and if needed a little milk. Bake until brown basting with some of the bacon fat. When the meat is done, place in center of platter and surround with the balls. A gravy may be made from the fat in the pan and served with the dish.

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PORK TENDERLOIN BIRDS

Mrs. C. H. Anthony

Season tenderloin then dredge in flour, roll and tie 1 slice of bacon around it—using toothpicks to hold it. Fry brown in fat then add 1 C. of water. Let cook slowly till water is gone.

FRICADILLOS

Mrs. R. T. Jeffrey

Ten cents each of pork, veal, and round steak, ground, $\frac{1}{2}$ C. cracker crumbs, $\frac{1}{2}$ C. water, yolks of 2 eggs, salt and pepper to taste, $\frac{1}{2}$ C. melted butter. Mix thoroughly, then beat the whites of the eggs to a stiff froth and add the last thing. Form into cones, roll in cracker crumbs. Put in pan with plenty of butter and bake. When done, set on top of stove, pour over 1 C. sweet cream and let boil up. Serve.

APPLE AMBER

Mrs. R. T. Jeffrey

Slice apples in a buttered baking dish with sugar, bits of butter and cinnamon drops in between and on top. Bake till apples are done, then lay marshmallows on top to cover good and return to oven to brown. Very nice served with roast pork.

BEEF LOAF

Mrs. R. C. Barrett and Mrs. Herman Knapp

$1\frac{1}{2}$ lb. round steak, chopped 1 C. bread crumbs
1 C. tomato juice Salt and pepper to taste

Mix thoroughly, pack into bake dish and bake slowly for 1 hour, basting with hot water and butter.

BAKED PORK CHOPS WITH DRESSING

Mrs. A. H. Munn

Dip pork chops in flour and brown in skillet. Cover each chop with dressing. Add a little water and bake in covered skillet 1 hour.

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Dressing

- | | |
|----------------------|------------------|
| 1 C. stale bread | 1/2 t. BP. |
| 1/4 C. melted butter | 1/4 C. hot water |
| 1/4 t. salt | Sage to taste |
| 1/3 t. pepper | |

Mix in order given and place over the fire a second before putting on chops. For 2 chops.

SPANISH MEAT LOAF

Edna Brown

- | | |
|-------------------------|---------------------------|
| 3 C. meat, chopped fine | 1/2 t. pepper |
| 1 C. stock | 1/4 t. paprika |
| 4 eggs | 1 green pepper |
| 1 T. salt | 2 T. celery, chopped fine |

Mix thoroughly. Pack in greased pan. Put pan in hot water and cook in moderate oven one hour. Serve with Spanish sauce.

Sauce

- | | |
|---------------------|----------------------------|
| 1 C. tomatoes | 1/4 t. pepper |
| 1 t. salt | 1 t. soda |
| 4 onions | 2 green peppers (shredded) |
| 1 T. meat drippings | |
- Boil slowly 1 hour.

HAM LOAF WITH HORSERADISH SAUCE

Mrs. H. O. Hickok

- | | |
|-------------------|--------------------------|
| 2 lbs. smoked ham | 2 C. fine cracker crumbs |
| 1 lb. veal | 1 egg |
| 2 C. milk | |

Mix well altogether and steam 2 hours.

Horseradish Sauce

To 1 T. butter, add flour and milk to make a thick white sauce. When cold add 1/2 pt. whipped cream and one bottle of horseradish.

HAM LOAF (DELICIOUS)

Mrs. Charles Dragoun

- | | |
|------------------|------------------|
| 2 lbs. fresh ham | 1 lb. smoked ham |
|------------------|------------------|

Run through food chopper and add 2 eggs and cracker crumbs to hold together. Make in loaf and put in cloth sack, size of small salt sack, and boil in large kettle, with enough water to cover, with 1/2 C. vinegar for 2 1/2 hours. This serves 14.

2
meats

HAM LOAF

Mrs. H. W. Stafford

- | | |
|---------------------------------------|-----------------------|
| 1 $\frac{1}{4}$ lbs. fresh smoked ham | 4 T. milk |
| 1 $\frac{1}{4}$ lbs. veal | 8 small soda crackers |
| 1 egg | |

Pour $\frac{2}{3}$ C. of boiling water over loaf. Bake about 1 hour.

MEAT LOAF

Mrs. J. H. Williams

- | | |
|------------------------------------|-----------------------|
| 2 lbs. round steak, ground | 2 eggs |
| 2 slices dry bread, ground
fine | $\frac{1}{2}$ t. salt |
| | 1 T. butter |
| $\frac{1}{2}$ C. boiling water | $\frac{1}{2}$ C. milk |

Mix all and bake until done and nicely browned.

HAM LOAF

Mrs. L. A. Young

- | | |
|------------------------------|-------------------|
| 1 lb. smoked ham | 1 C. bread crumbs |
| $\frac{1}{2}$ lb. fresh pork | 1 egg |
| 1 C. tomato juice | |

Put tomato pulp over top of loaf and sprinkle with bread crumbs. Bake an hour.

CHILI CON CARNE

Mrs. Howard Adams

- | | |
|--------------------|-------------------|
| 1 lb. hamburger | 3 or 4 bay leaves |
| 1 can tomatoes | 2 t. chili powder |
| 1 can kidney beans | 1 T. butter |
| 3 slices bacon | 1 pkg. spaghetti |
| 3 small onions | |

Cut and fry bacon and onions until brown, add hamburger, chili powder; cook about five minutes, add beans and cook five minutes more. Cook tomatoes with bay leaves, add the meat and cook slowly one hour or more. Cook the spaghetti in salted water and serve with the chili con carni.

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PORK AND HAM LOAF

Mrs. T. R. Perry

- | | |
|-------------------|-------------|
| 2 lbs. smoked ham | 2 C. milk |
| 2 lbs. fresh pork | 2 eggs |
| 2 C. bread crumbs | 1 t. pepper |

Mix thoroughly and shape into loaf. Bake in moderate oven about 1 hour.

BAKED TENDERLOIN

Mrs. C. H. Stange

- | | |
|-----------------------------|-------------------------|
| 6 strips tenderloin (whole) | 1 onion (small, minced) |
| Few slices bacon | Season to taste |
| 1 can tomatoes | |

Place meat in pan with bacon, tomato, onion and 1 C. water or meat stock. Cook 2 hours or until brown, in slow oven. Remove meat, thicken with flour and boil, then strain and pour over meat.

HAM LOAF

Mrs. Clyde Kintzley

- | | |
|---|-----------------------|
| 2 lbs. fresh pork ($\frac{3}{4}$ of it lean) | 1 C. bread crumbs |
| 1 lb. smoked ham | $\frac{2}{3}$ C. milk |
| 2 C. tomatoes | Salt |
| 2 eggs | Pepper |

Have the pork and ham ground and mixed together. Then add the milk, beaten eggs, tomatoes and bread crumbs. Mix all ingredients thoroughly, and mould into one large loaf, or two smaller ones. Sprinkle buttered bread crumbs over the top and bake 45 minutes.

Sauce for Ham Loaf

- | | |
|--------------------------------------|---------------------------------|
| 3 T. flour | $\frac{2}{3}$ C. milk |
| 2 T. butter | 1 T. chopped sour pickle |
| $\frac{1}{2}$ C. meat broth or water | 1 t. parsley |
| 1 egg (boiled hard and chopped) | $\frac{1}{2}$ t. salt |
| | $\frac{1}{4}$ t. cayenne pepper |

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Melt the butter, and stir in the flour until smooth. Then add broth, milk, salt and pepper and cook for two minutes. Just before removing from stove, add the chopped egg, pickle and parsley. Pour over the ham loaf just before serving.

MEAT RELISH

Bess L. Walsh

1 pkg. Plymouth gelatine acidulated; soak in 1 C. cold water. Mix 1 C. vinegar, 1 C. water, and spices; boil and pour hot on gelatine; when cool add 1 C. sugar, 5c sweet pickles, stuffed olives, celery, pimentoes and nuts.

MUSTARD

Mrs. A. T. Erwin

1 t. sugar	1/8 C. hot water
1/8 C. vinegar	1/2 box dry mustard
1 t. salt	

VEAL BIRD WITH DRESSING

Mrs. C. T. Mentzer

1 1/2 lbs. of veal steak, cut 1/2 inch thick	1/2 T. chopped parsley
2 C. fresh bread crumbs	1/2 t. salt
1 T. chopped green pepper	1/3 lb. salt pork chopped fine
1/2 T. chopped onion	3 T. water
	1 egg beaten

Cut the steak into six pieces, flatten out the meat by making small cuts around the outside to prevent curling. Make small cuts across the grain of the meat. Mix the crumbs and the rest of the ingredients, using a fork. Place a portion on each piece of meat. Roll and tie with white cord. Place in baking dish and add:

2 T. butter	1/2 t. pepper
3 t. salt	1/2 C. water

Cover and bake in moderate oven for 1 1/2 hours. When done, cut and remove strings before serving.

JELLIED VEAL

Mrs. R. E. Braun

2 lbs. veal	1 joint cut in two
1 lb. beef	

Season with salt and pepper and cook until well done. Take meat out and let cool, then put through grinder. Skim broth, heat and strain, add 2 eggs to meat and put into hot broth, heat

long enough to cook eggs. Put into mould and let stand over night.

CUTLETS AU GRATIN (VEAL)

Mrs. J. M. Spinning, Rochester, N. Y. (Mrs. R. A. Pearson)

- | | |
|-------------------------------------|---|
| 1 slice veal cutlet, 2 inches thick | $\frac{3}{4}$ T. lemon juice |
| $\frac{3}{4}$ T. catsup | $\frac{3}{4}$ C. buttered bread crumbs. |
| | Salt and pepper |

Wipe cutlet with damp cloth and pound with saucer edge on both sides. Season with salt and pepper, place in greased pan, sprinkle with lemon juice, spread with catsup, cover with crumbs and bake in moderate oven an hour. Baste with hot water to which a little butter has been added. Serve with gravy from pan to which $\frac{1}{3}$ C. chopped olives may be added. (Bake in open pan, not roaster.)

PRESSED VEAL

Mrs. H. R. Long

3 lbs. of heel of beef and a knuckle; boil tender; chop fine and season with salt and pepper. 1 C. of drained tomato; 1 C. of cooked macaroni; chopped green or red pepper. Have them quite thin. Mold and serve.

VEAL LOAF

Mrs. E. E. Little

2 or 3 lbs. ground veal, $\frac{1}{2}$ lb. ground fresh lean pork, 3 eggs, $1\frac{1}{2}$ C. milk, 1 C. rolled cracker crumbs, salt and pepper to taste. Mix well, place in loaf pan. Cover with strips of bacon. Bake in medium oven 1 hour.

VEAL LOAF

Mrs. C. L. Little

- | | |
|--|-------------------------|
| 1 lb. ground veal and a little salt pork | 2 eggs |
| 2 crumbled crackers | $1\frac{1}{4}$ t. salt |
| 1 C. soft bread crumbs | $\frac{1}{2}$ t. pepper |
| $\frac{1}{2}$ C. cooked rice | $\frac{1}{4}$ C. water |

Mix all together, dredge with flour, make into loaf. Bake 45 minutes.

JELLIED MEAT

Mrs. P. F. Houghan

Select $1\frac{1}{2}$ lbs. of veal and 1 lb. of pork. Season and boil until tender. Put through food chopper and dissolve 1 box of

Knox's plain gelatine in 1 C. of cold water. Add broth off meats and 3 C. of hot water. Add meat and set aside to cool.

DELICIOUS VEAL

Mrs. W. H. Jameson and Mrs. G. L. Caswell

Get a veal steak off the round $1\frac{1}{2}$ inches thick. Cut pieces just large enough for one service. Dip veal in beaten egg, roll in seasoned bread crumbs, fry brown in piping hot fat $\frac{1}{4}$ inch deep. Brown quickly all over then pour over 1 C. milk (fresh) or water. Cover tightly, place in slow oven for 1 hour or more. The last few minutes remove cover to brown. Prepared in this way, veal is as tender and delicious as spring chicken. 1 lb. veal serves 4 persons.

BAKED ORANGES AND VEAL

Daisy Ann Johnson

- | | |
|--------------------|-------------------------|
| 1 slice veal steak | $\frac{1}{4}$ C. water |
| 2 T. flour | 1 t. salt |
| 1 T. butter | $\frac{1}{4}$ t. pepper |
| 1 bay leaf | Parsley |
| 2 large oranges | |

Order slice veal cut 1 inch thick. Will weigh about $1\frac{1}{2}$ lbs. Dip this in flour and place it in a greased casserole. Dot over with bits of the butter, sprinkle with salt and pepper and add the bay leaf. Peel and quarter the oranges and place them around the steak. Add the water and bake until golden brown, basting often. Serve on hot platter, and alternate oranges with sprigs of parsley.

HUNGARIAN GOULASH

Florence Walls

- | | |
|---|---|
| 1 pt. tomatoes, strained and
made into medium white
sauce | 1 C. ground meat
Onion, red pepper and salt
for flavoring |
| 1 C. kidney beans | |

Cover with bread crumbs and add melted butter. Bake until a golden brown.

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MEAT AND RICE CROQUETTES

Florence Walls

Mix equal amounts of cooked rice and ground left over meat. Small amounts of left over vegetables as carrots or peppers may be added. Roll in egg and cracker crumbs and fry in deep fat.

HAM SOUFFLE

Florence Walls

- | | |
|--|----------------------------|
| 1 C. thick white sauce (2/3 C. milk, 2 T. flour) | 1/2 t. salt |
| 2 T. butter, melted | 1/2 C. leftover ground ham |

Mix yolks of eggs slightly beaten, white sauce, and ham. Fold in whites of eggs. Bake in slow oven till golden brown.

PRESSED MEAT

Mrs. Elmer Coffin

- | | |
|---------------------|-------------------------|
| 3 lbs. boiling beef | 1 doz. hard boiled eggs |
| 1 knuckle of veal | Seasoning |

Boil beef and veal in separate kettles until very tender. When cold run all through meat grinder and press down tight in pan, first a layer of meat then eggs and another layer of meat. Very nice sliced cold for a luncheon dish.

SWISS STEAK (TWO PORTIONS)

Mrs. Elmer Coffin

- | | |
|---|----------------------------|
| 2/3 lb. round steak, cut one inch thick | 1/2 t. celery salt |
| 1/2 C. flour | 2 T. finely chopped onions |
| 3 T. fat | 1 C. tomatoes |
| 2 t. salt | 1 T. chili sauce |
| 1/2 t. paprika | 1/2 C. water |

Pound the flour into steak using edge of a plate. Place the fat in the frying pan, when hot add the steak and brown. Add the onions and seasonings, cook for two minutes. Add the tomatoes, chili sauce and water. Cover and cook slowly for 1 hour.

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HONOUN STEAK

Mrs. J. E. Wright

1 slice of round steak about two inches thick. Pound into it as much flour as it will hold. Brown on both sides in hot fat and add boiling water, cover with lid and let bake in oven 1 hour. Then stir in 1 can tomatoes, add 1 large onion cut fine, 2 or 3 small red peppers (removing seeds), $\frac{1}{2}$ C. flour, salt and pepper to taste, more water if you want more gravy, and pour this over the steak and let cook another hour.

BROWN STEW AND DUMPLINGS

Mrs. H. K. Hawley

1 lb. beef cut into small	6	T. flour
pieces	$1\frac{1}{2}$	t. salt
$\frac{1}{2}$ C. suet	4	C. water

Fry out the suet, and remove. Brown the meat, draw to one side and blend the flour in the drippings. Add water and salt. Cook slowly for $1\frac{1}{2}$ hours.

DUMPLINGS

Sift $1\frac{1}{2}$ C. flour with 3 t. baking powder and 1 t. salt, add milk to make soft dough. Drop from spoon into the stew and cook 20 minutes, closely covered.

DUMPLINGS

Bess L. Walsh

2 C. flour	$\frac{1}{2}$ t. salt
2 heaping t. BP.	

Sift together 3 times. Add 1 C. water, mix well, and add 1 egg, well beaten. Drop from spoon into kettle of meat well covered with water. Boil moderately with cover off 15 minutes. Cover and boil for 5 minutes longer. Serve at once.

PELAH

Mrs. A. T. Erwin

Cut mutton or beef into small pieces—fry brown in very hot skillet in which several onions have been browned. Put into

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stew kettle with water enough to cook. Cook slowly. When almost tender add:

1 C. tomatoes

$\frac{1}{2}$ C. nuts and

if you wish 1 C. celery cut in small pieces. Cook until very tender and pour around steamed rice.

COTTAGE MEAT PIE

Mrs. Escott Hicks

Cover bottom of a small greased casserole with hot mashed potatoes. Add a thick layer of roast beef chopped or cut in small pieces seasoned with salt, pepper and a few drops of onion juice, and moistened with some of the gravy. Cover with a thin layer of mashed potatoes, and bake in a hot oven long enough to heat through.

MEAT

Mrs. Lego

Cheap cuts of beef may be prepared as a delicious roast by taking care in little details. First remove any part of the meat that does not look fresh and palatable. Have the cooking receptacle hot and place scraps of fat or suet in the bottom so the meat will not sear or burn easily. Next place the roast and add a bit of soda. Have the water boiling and when the meat is piping hot add about 1 pt. of boiling water, placing a tight cover on instantly. When cooked so that it begins frying, add a little more boiling water. At the second frying add salt before the hot water, repeating the hot water and subsequent frying as often as desired. But do not make the mistake of using cool water instead of boiling, which extracts the juice from the meat while it is returning to the boiling point. If pepper is to be used it should be added when ready to remove from the fire.

Pork may be cooked with the same care save that salt should be placed over the meat before the boiling water is first poured over.

CABBAGE ROLLS

Mix cold boiled rice and ground meat, either hamburger or sausage as preferred. Season to taste. Form this mixture into small rolls with hands and wrap with large leaves of cabbage that have been softened by placing in boiling water. Fasten the leaves securely by means of tooth picks. Put in steamer and steam one hour. Season the rolls with salt before cooking. Serve with tomato sauce made with 1 can tomatoes, 1 bay leaf, 1 small onion, 1 stalk celery, butter, pepper, salt, 2 or 3 whole cloves. Cook all together, strain and pour over rolls.

VEAL LOAF

- | | |
|-----------------------------|-------------------------|
| 2 lbs. veal from leg | $\frac{1}{2}$ C. milk |
| $\frac{1}{4}$ lb. salt pork | 2 t. lemon juice |
| 1 C. bread crumbs | $\frac{1}{4}$ t. mace |
| $1\frac{1}{2}$ t. salt | $\frac{3}{4}$ t. pepper |
| 2 eggs | |

Serve with cranberry mold. Mix all ingredients well, shape in loaf. Bake about 1 hour.

STEAK IN CASSEROLE

Alda Wilson

2 lbs. steak cut in $1\frac{1}{2}$ inch cubes. Brown steak then add 1 C. water to kettle. Put into baking dish with one minced onion, 1 C. tomato meat, 3 carrots, 3 turnips, 3 celery hearts and 1 minced pepper. Cover and bake for one hour or longer.

TAMALE PIE

Mrs. G. B. MacDonald

- | | |
|------------------------|-------------------------|
| 2 C. cornmeal | 1 lb. ground beef |
| $2\frac{1}{2}$ t. salt | 2 C. tomatoes |
| 6 C. boiling water | $\frac{1}{2}$ t. pepper |
| 1 T. fat | 1 t. salt |
| 1 onion | 2 pimentoes |

Make mush of first three ingredients. Boil 30 minutes. Brown the onion in the fat, add the meat, and stir until the red disappears. Add rest of ingredients. Grease a baking dish, put in a layer of mush, then the seasoned meat and another layer of mush on top. Bake 30 minutes.

MEAT ROLL

Florence Walls

Mix ground meat with very thick white sauce as for croquettes. Roll out thick biscuit dough. Add meat mixed with white sauce. Gravy or tomato sauce may be used instead of white sauce if there is any on hand but it should be as thick as white sauce. Make large roll and slice when baked or make individual rolls and bake.

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Roast Lamb—Mint sauce.
Roast Pork—Apple sauce.
Roast Turkey—Cranberry or celery sauce.
Roast Chicken—Currant jelly or plum or grape catsup.
Roast Venison or Duck—Currant jelly.
Boiled Turkey—Oyster sauce.
Boiled Steak—Mushrooms, fried onions or pickled walnuts.
Pigeon Pie—Mushroom sauce.
Roast Goose—Stewed gooseberries.
Fried Salmon—Egg sauce, cream sauce or stewed tomatoes.
Broiled Mackerel—Stewed gooseberries.
Boiled or Baked Fish—White or drawn butter sauce.

SALADS AND SALAD DRESSINGS

"To make a perfect salad, there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together."

JELLIED FRUIT SALAD

Mrs. L. L. Clement

- | | |
|--------------------------|------------------------------|
| 1 T. granulated gelatine | 1/2 C. pineapple juice (from |
| 4 T. cold water | canned pineapple) |
| 1/2 C. boiling water | 1/2 C. white grapes seeded |
| 1/4 C. sugar | 1/2 C. sliced pineapple |
| 1 T. lemon juice | |

Soak gelatine in cold water 5 minutes. Add boiling water and when thoroughly dissolved add sugar, lemon juice and pineapple juice. Set in cool place. When partially congealed add pineapple and grapes. Will serve 4 people.

GINGER ALE SALAD

Mrs. A. H. Munn

- | | |
|----------------------|--------------------|
| 2 T. gelatine | 1 C. Gingerale |
| 2 T. cold water | 1/4 C. lemon juice |
| 1/3 C. boiling water | Grain salt |
| 2 T. sugar | |

When commencing to harden, add 1 small can of sliced pineapple, 1 C. white grapes and preserved ginger. Makes 8 moulds.

CHRISTMAS SALAD

Mrs. Rolland Wallis

- | | |
|-------------------|-----------------|
| 1 C. water | 1 T. gelatine |
| 1 C. sugar | 1 bunch celery |
| 1 pt. cranberries | 1/2 C. nutmeats |

Cook sugar, water, and cranberries and press through sieve. Soften gelatin in 1/4 C. cold water and add. Pour a layer into a mold, chill and add a layer of chopped celery and nuts. Repeat until mold is full, having the top layer of the cranberry. Serve with mayonnaise.

FRUIT SALAD

Mrs. Rolland Wallis

- | | |
|------------------------|-----------------------------|
| 1 can pineapple, diced | 1 apple, diced |
| 1 banana, diced | 1/4 lb. marshmallows, diced |

Serve with cream mayonnaise.

VEGETABLE JELLO

Mrs. H. D. Hughes

To $\frac{2}{3}$ glass (preferably white) vinegar, add 1 package of Plymouth Rock Jello; when thoroughly dissolved add 1 pt. boiling water; sugar to taste and set aside to cool. Just before coagulation occurs add lettuce, cabbage and pimentos which have been diced and thoroughly mixed.

PEAR AND DUTCH CHEESE SALAD

Mrs. W. F. Meads

Mixture I—1 lb. cottage cheese (I. S. C.). Add to it 1 T. Knox gelatine soaked in $\frac{1}{2}$ C. cold water. Add $\frac{1}{3}$ C. hot water to mixture. Mix in 2 T. of thick salad dressing (oil or boiled) and chopped olives and peppers.

Mixture II—Add 1 T. of salad dressing to $\frac{1}{2}$ lb. of pimento cheese. Pack $\frac{1}{2}$ of mixture I in oblong pan. Cover with mixture II and remainder of mixture I. Cut in slices and serve with $\frac{1}{2}$ pear and whipped cream salad dressing.

BANANA SALAD

Mrs. E. A. Benbrook

Cut banana in half and slice through the middle. Place on top of slice, some finely chopped raisins, celery and nuts, then mayonnaise over all, and serve on crisp lettuce leaves.

CRANBERRY SALAD

Mrs. H. J. Plagge

little water
2 C. cranberries

2 C. sugar

Cook five minutes. Dissolve 1 package lemon jello in $\frac{1}{4}$ C. boiling water. Pour together the cooked cranberry and jello. Add one C. chopped celery nuts. Cool and serve with salad dressing.

PINEAPPLE AND STRAWBERRY SALAD

Daisy Ann Johnson

2 C. diced pineapple

 $\frac{3}{4}$ C. golden dressing

1 C. strawberries (fresh)

Mix pineapple with dressing and garnish liberally with halves of strawberries.

Golden Dressing $\frac{1}{4}$ C. pineapple juice $\frac{1}{3}$ C. sugar $\frac{1}{4}$ C. lemon juice

2 eggs

Beat eggs slightly, add lemon juice and pineapple juice and

sugar. Cook in double boiler until thickened, stirring constantly. Use cold.

DELICIOUS FRUIT SALAD

Mrs. J. H. Doggett

- | | |
|------------------------|------------------------------|
| 3 bananas | 1 bottle maraschino cherries |
| 2 oranges | A few marshmallows |
| 1 can sliced pineapple | |

Dressing

- | | |
|-------------|-----------------------|
| 1 egg | 1 T. flour |
| 1 T. butter | $\frac{1}{4}$ t. salt |
| 1 C. sugar | Juice of pineapple |

Dice fruit, mix in the cherries and place on lettuce or serve in sherbet cups.

DELICIOUS FRUIT SALAD (READY TO SERVE)

Mrs. Chas. Reynolds

- | | |
|---|--|
| 1 can white cherries, or 1 lb. white grapes | 1 can pineapple |
| 1 C. almonds blanched and shredded | $\frac{1}{2}$ lb. marshmallows cut in pieces |

*Beat eggs slowly
heat milk
& pour into
Eggs.*

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APPLE SALAD

Mrs. W. A. Thompson

- | | |
|------------------------------|------------------------------|
| 6 good juicy apples cut fine | $\frac{1}{2}$ t. salt |
| 1 large cucumber cut fine | 1 T. sugar |
| 1 stalk celery cut fine | $\frac{1}{2}$ t. celery seed |

Moisten well with salad dressing and serve cold in salad bowl lined with lettuce leaves.

VEGETABLE SALAD

Mrs. Rolland Wallis

- | | |
|------------------------------|--------------|
| 1 envelop gelatine soaked in | 2 T. vinegar |
| $\frac{1}{2}$ C. cold water | 2 t. salt |
| 1 pt. boiling water | 1 C. sugar |
| 2 T. lemon juice | |

Combine in order given. Allow to cool and add:

- | | |
|-------------------------------------|-----------------------------------|
| $\frac{1}{2}$ can shredded pimentos | $\frac{1}{2}$ C. shredded cabbage |
| $\frac{1}{2}$ C. shredded celery | |

Chill and serve with plain or Swedish mayonnaise (see Dressings).

WINTER SALAD

Mrs. Rolland Wallis

- | | |
|---------------------------------|----------------------------------|
| 1 can vegetables | Salt |
| 1 minced onion | Pepper |
| $\frac{1}{4}$ lb. cheese, diced | $\frac{1}{4}$ C. cooked dressing |

Peas, carrots, beets, string beans, lima or kidney beans may be used for this salad.

CUCUMBER SALAD

Mrs. A. H. Munn

- | | |
|---------------------------------|--------------------------|
| 1 box Knox gelatine dissolved | $\frac{1}{3}$ C. vinegar |
| in $\frac{3}{4}$ C. cold water | $\frac{1}{2}$ C. sugar |
| $2\frac{1}{2}$ C. boiling water | Juice of 1 lemon |

When this commences to harden, add 3 large cucumbers chopped fine, and 1 small can grated pineapple. Color with green coloring. 16 molds.

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CAMPUSTOWN

GREEN BEAN SALAD

Mrs. Stella Williamson

1 qt. beans after they are cut. Salt, and boil until tender. Add 2 chopped onions. Pour over following dressing:

Fry crisp two slices bacon cut in small pieces. Pour over 1 C. vinegar, 1 T. sugar. Boil, pour over beans.

SPRING SALAD

Mrs. H. R. Long

1 can peas
1 can string beans
1 bunch celery
1 green pepper
Mix with oil dressing and serve on lettuce leaf.

SPRING SALAD

Mrs. E. R. Smith

Two large tomatoes, 1 small cucumber, 6 new onions, 4 radishes and 1 green pepper all cut or sliced. Mix lightly with French dressing and serve on head lettuce.

PIMENTO SALAD

Mrs. W. H. Jameson

1 can French peas
1 can pimentos
1 large bunch celery
1 C. nut meats
5 hard boiled eggs

Cut fine the celery, pimentos, nuts and eggs. Mix all with mayonnaise and serve on shredded head lettuce.

SHRIMP SALAD

2 cans shrimp dry and broken in small pieces. One stalk of nice celery cut fine. Squeeze juice of 1 lemon over shrimp and let stand 15 minutes. $\frac{1}{2}$ onion cut fine and moisten with salad dressing. Add little apple if you wish. Serve cold. Crab meats and lobster are made and served the same as shrimp, only no apple is used, and a little green pepper or pimento can be used in either one. Serve in glass cups, ice cold with t. of salad dressing on top.

REAL SWISS SALAD (HOT)

Mrs. L. B. Schmidt

Boil potatoes, when cold, remove skins, dice. Hard boiled eggs; diced. 1 lb. finely cut smoked ham, 6 slices finely cut bacon diced, 1 small sliced onion, 1 C. celery chopped, 1 C. peas, Brussels sprouts, herbs of all kinds (sprig of mint, parsley and lettuce

finely chopped are American substitutes for herbs). Fry ham and bacon, remove from skillet, add onion, fry golden brown, remove onion from fat. To this bacon and ham fryings, add $\frac{1}{2}$ C. vinegar, 1 T. sugar, salt to please. Place potatoes, eggs, etc., in double boiler, pour over the "drippings" to which vinegar, etc., have been added. Stir thoroughly. Serve hot. (Good the longer it stands.)

SALMON SALAD

Mrs. O. B. Hoffman

- | | |
|--|-----------------------------------|
| 1 can salmon | 1 medium sized onion cut fine |
| 1 pt. of fine diced cold boiled potatoes | Salt, pepper and vinegar to taste |
| 4 hard boiled eggs | |

Remove skin and bones from salmon. Add all ingredients and mix well. Chill if possible before serving.

CABBAGE SALAD

Mrs. Peter Anderson

Chop or shave cabbage fine, add salt, sugar and celery seed to taste. Green pepper and onion should be added. Make a dressing by adding small amount of sugar to $\frac{1}{2}$ small can of condensed milk. Then pour in vinegar until milk thickens. Vinegar should be poured slowly and milk stirred constantly.

HOT BEET SALAD

Dr. Sheldon

Boil beets and chop, not too fine.

Dressing

- | | |
|--------------------------|--------------------|
| $\frac{1}{2}$ C. sugar | 1 heaping T. flour |
| $\frac{1}{2}$ C. vinegar | Salt |
| 1 T. butter | |

Cook dressing till thickened and pour over beets. Is also good served cold.

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DRESSING FOR CABBAGE SALAD

Mrs. O. H. Cessna

- | | |
|----------------------------|--|
| 6 eggs boiled hard—chopped | $\frac{1}{2}$ T. melted butter |
| very fine or put through | 1 t. mustard |
| ricer | $\frac{1}{2}$ C. weak vinegar (or more |
| $\frac{3}{4}$ C. sugar | if necessary) |
| 1 t. salt | |

This dressing needs no cooking. Garnish with stuffed olives. Sufficient for small cabbage.

HOT SLAW

Mrs. W. A. Thompson

- | | |
|---|------------------|
| Cut $\frac{1}{2}$ head cabbage fine but don't put through food chopper. | |
| $\frac{1}{2}$ C. vinegar | Heaping T. flour |
| $\frac{1}{2}$ C. water | Heaping T. sugar |

Mix sugar and flour and add little vinegar to make paste, 2 well beaten eggs, then add rest of vinegar and water. Cook until a little thick and pour over cabbage. Keep warm until served.

DUTCH SLAW

Mrs. W. A. Thompson

$\frac{1}{2}$ head of cabbage cut fine and 1 large onion cut fine. Place in bowl to serve. Then cut 6 slices of bacon in fine bits and cook until a light brown. When ready to serve, add $\frac{1}{2}$ C. vinegar to hot bacon and drippings. Pour over cabbage and serve hot. Salt and pepper to taste.

CABBAGE SALAD

Mrs. J. M. Scott, Wichita, Kansas

- | | |
|-----------------------------|----------------|
| 1 medium sized head cabbage | 1 C. nut meats |
| 3 hard boiled eggs | 1 C. dressing |

Chop cabbage fine, add eggs and nuts then mix with 1 C. of dressing of medium thickness. Add salt to taste.

TWENTY-FOUR HOUR SALAD

Mrs. B. W. Hammer

- | | |
|--------------------------|--------------------------------|
| 1 can pineapple (without | $\frac{3}{4}$ lb. marshmallows |
| juice) | 1 lb. nut meats |
- Cut pineapple and marshmallows and nut meats.

Salad Part

- | | |
|------------------------|------------|
| $\frac{1}{4}$ C. cream | 1 t. sugar |
| Yolks 4 eggs | Pinch salt |
| Juice 1 lemon | |

Let salad part come to a boil and let it thicken—takes a very few minutes. Pour while hot over the pineapple mixture. Beat $\frac{1}{2}$ pt. cream until stiff and add to salad. Mix well. Make 24 hours before serving. Keep in ice box or other cool place.

GRAPEFRUIT SALAD

Mrs. G. W. Snedecor

Squeeze the juice of 3 large or 4 small lemons into a cup. Add 1 envelope of Knox's plain gelatine and fill the cup with water. Let stand until gelatine is dissolved. Mix with the above $\frac{3}{4}$ C. sugar, 1 t. salt and 1 C. boiling water. Cool. When about to congeal add about 2 C. of grapefruit, pineapple and white grapes, mixed in any proportion you like. Mould and serve with boiled salad dressing, mixed with whipped cream.

PARADISE SALAD

Mrs. R. A. Pearson

1 grapefruit	apple (or any preferred
2 oranges	fruit mixture)
$\frac{1}{2}$ to 1 can of sliced pine-	

Dressing

2 eggs	$\frac{1}{2}$ C. juice of canned pine-
3 T. sugar	apple, hot
$\frac{1}{2}$ pt. heavy cream	

Beat eggs slightly, add sugar slowly, then hot fruit juice. Cook over hot water until thick, chill and just before using add cream beaten stiff. Cut fruit, drain off juice, put into dish with lettuce, ready to serve and cover with dressing.

BUTTERFLY SALAD

Mrs. F. H. McClain

Head lettuce	Sliced stuffed olives
Sliced pineapple	Green pepper
Cream mayonnaise dressing	

Arrange lettuce leaves on plate. Cut slices of pineapple in halves. Place two halves on plate with curved edges together.

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Place slice of olive on each of the outer corners. Place thin strips of the pepper for antennæ. Put t. of the dressing between the pieces of pineapple to represent the body.

ASTORIA SALAD

Mrs. John M. Shaw

- | | |
|---------------------|----------------|
| 4 large figs | 8 dates |
| 1 t. lemon juice | 1/2 C. almonds |
| 1 C. cheese creamed | |

Add lemon juice to cheese; salt to taste, beat thoroughly. Remove stones from dates, add figs and almonds, chopping and beating to a smooth paste. Add cheese mixture and mix well together. Form into balls, serve on lettuce with salad dressing mixed with whipped cream. Maraschino cherries may be used instead of figs.

FRUIT SALAD DRESSING

Mrs. P. S. Shearer

- | | |
|-----------------------|--------------|
| 1/2 C. vinegar | 1/2 C. sugar |
| 8 egg yolks or 4 eggs | 1 t. mustard |
| 3 T. butter | Pepper |
| 1/2 t. salt | |

Beat eggs with 2 T. of cold vinegar and heat remainder in top of double boiler. When hot add egg mixture and beat constantly with Dover egg beater all the time it is cooking. When thick, turn into bowl, add butter, sugar, mustard, salt and pepper and beat thoroughly. Let stand until it cools and thickens. Whipped cream may be added.

FRUIT SALAD DRESSING

Mrs. F. H. Logsdon

- | | |
|------------------|------------|
| 1 egg or 2 yolks | 3 T. sugar |
| Juice of 1 lemon | |

Cook these together stirring constantly until thick. When slightly cool stir into 1 C. of whipped cream.

SALAD DRESSING

Mrs. O. P. Rutledge

Beat 3 eggs, 1 t. mustard, 1 t. flour, 1/2 t. salt, 1/2 C. sugar and generous lump of butter till smooth. Add 1/2 C. vinegar gradually and cook until thick. When wanted for salad, thin with whipped cream and beat until light.

SALAD DRESSING

Dr. Bertha G. Roberts

- | | |
|----------------|----------------------|
| 1 T. butter | 1/2 t. mustard |
| 3/4 C. sugar | 1 T. flour (heaping) |
| 2/3 C. vinegar | 2 eggs |
| 1/3 C. water | 1/2 t. salt |

Let butter, sugar, vinegar and water come to boil. Stir mustard, flour and salt to a paste and add to hot vinegar. Have eggs well beaten. Cool vinegar mixture slightly. Stir in eggs and cook.

SALAD DRESSING

Mrs. P. A. Mathre

- | | |
|----------------------|--------------|
| 1 C. sugar | 1 C. vinegar |
| 1 t. flour | 1/2 C. water |
| 2 eggs (well beaten) | |

Mix flour and sugar. Beat the eggs well, add vinegar and water and boil 3 minutes.

FRUIT SALAD DRESSING

Mrs. J. L. Robinson

- | | |
|---------------------|----------------------|
| 2 t. flour | 1 t. melted butter |
| 1 T. sugar | 1 yolk of egg |
| 1/2 t. salt | 1/2 C. whipped cream |
| 1/3 C. fruit juices | |

Cook flour, sugar, salt, butter and fruit juices over boiling water. Add yolk of egg slightly beaten. When cold add whipped cream.

MAYONNAISE DRESSING

Mrs. Alexander Henderson

- | | |
|--------------|-----------------|
| 1 t. salt | 1/2 C. vinegar |
| 1 t. mustard | Yolks of 4 eggs |
| 3 T. sugar | |

Mix mustard in a little vinegar to avoid lumps. Mix all together with exception of eggs and stir over fire until boiling

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point. Remove from fire and add the well beaten eggs, return to fire, boil until it begins to thicken. Before using, thin with whipped cream.

SALAD DRESSING

Mrs. W. H. Stultz

1/2 C. sugar, scant	A little pepper and salt
2 eggs	Butter size of walnut
1/2 t. mustard	1 C. boiling water
2 good T. flour	1/2 C. vinegar

Put all dry ingredients in a bowl, add eggs and beat all together. Add hot water and vinegar and cook until thick. Thin with cream or add whipped cream.

BOILED SALAD DRESSING

Mrs. F. A. Fish

1 T. butter	1/2 t. mustard
1 T. flour	4 T. vinegar
1 egg	Salt
1 t. sugar	1 C. whipped cream
1/2 t. pepper	

Beat to a cream a heaping T. of butter and one of flour. Add the egg beaten light and the sugar and pepper, mustard and vinegar. Put over fire and cook slowly until very thick. Take from fire, add salt. Just before it is used stir into it a cupful of whipped cream.

MAYONNAISE DRESSING

Anna B. Conrad

3/4 C. sugar	1 t. mustard
1 t. salt	1 t. cornstarch

Mix and pour on 2/3 C. vinegar, cook, remove from the fire and beat in yolks of 4 eggs. While hot add butter size of walnut. Use equal amount of whipped cream when making salad.

SALAD DRESSING

Mrs. Escott Hicks

4 egg yolks, beaten very light	1 T. butter
1 t. each, salt, mustard and sugar	7 T. vinegar

Boil until thick, stir until cold and then add white of one egg, beaten, and one cup rich cream.

CREAM DRESSING FOR SALAD

Mrs. O. L. Yeomans

- | | |
|----------------------------|--------------------------------|
| 1 t. sugar | Yolks of 3 eggs, well beaten |
| 1 t. salt | $\frac{1}{4}$ C. melted butter |
| 1 T. mustard, mixed smooth | $\frac{2}{3}$ C. milk |
| with a little hot water | $\frac{1}{2}$ C. vinegar |
- Cook all together until nearly boiling.

SALAD DRESSING

Mrs. Ed Jackson

- | | |
|-----------------|---------------------------|
| Yolks of 2 eggs | 2 T. lemon juice |
| 1 t. salt | 2 T. vinegar |
| 1 t. mustard | $\frac{1}{8}$ t. paprika |
| 2 T. sugar | 1 C. oil |
| 1 C. of water | 4 T. flour, rubbed in oil |

PINEAPPLE DRESSING

Mrs. J. E. Wright

- | | |
|------------|-------------------------|
| 1 C. sugar | $\frac{1}{2}$ C. butter |
| 1 T. flour | 2 eggs |
- Juice of large can pineapple

Cream butter, sugar and flour, add beaten eggs. Scald pineapple juice and add slowly to first mixture. Cook in double boiler until creamy. Excellent for all fruit salads.

THOUSAND ISLAND DRESSING

Mrs. E. J. Engeldinger

Body—Into a mixing bowl put:

- | | |
|--------------------------|-------------------------|
| 2 egg yolks | 2 T. lemon juice or |
| 1 generous t. mustard | Vinegar, or one of each |
| 1 generous t. salt | 1 C. Mazola oil |
| $\frac{1}{8}$ t. paprika | |

Do not stir above mixture. Make a cream sauce of:

- | | |
|------------------------|------------|
| 1 T. butter | 1 C. water |
| $\frac{1}{3}$ C. flour | |

Pour cream sauce as soon as finished into above mixture and

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beat rapidly with egg beater. Add to body of dressing:
 1 bottle Monarch chili sauce $\frac{3}{4}$ C. celery
 6 hard boiled eggs 2 green peppers
 3 medium sized dill pickles Small slice of onion

UNCOOKED SALAD DRESSING

Mrs. L. H. Willson

1 can Eagle brand milk $\frac{1}{2}$ C. vinegar (strong)
 2 eggs

Put in quart jar and shake.

MAYONNAISE DRESSING

Mrs. C. G. Cole

$\frac{1}{2}$ C. butter and 1 t. mustard
 Yolks 2 eggs, creamed lightly 1 t. powdered sugar
 1 t. salt

To this mixture add gradually 1 C. salad oil. As this mixture thickens, add 2 T. lemon juice and 2 T. vinegar.

MAYONNAISE

Mrs. Rolland Wallis

1 egg $\frac{1}{2}$ t. mustard
 1 T. sugar Paprika
 1 t. salt 2 T. lemon juice or vinegar
 1 C. oil

Break egg into bowl, add dry ingredients and beat thoroughly. Add lemon juice and beat. Gradually beat in oil until thick enough to hold shape. Chopped parsley or pimentos may be added to vary taste.

CREAM MAYONNAISE FOR FRUIT SALADS

Mrs. Rolland Wallis

$\frac{1}{2}$ C. mayonnaise $\frac{1}{2}$ C. whipped cream

RUSSIAN DRESSING (FOR GREEN SALADS)

Mrs. Rolland Wallis

$\frac{1}{2}$ C. mayonnaise $\frac{1}{4}$ t. paprika
 2 T. chili sauce $\frac{1}{2}$ t. salt
 2 T. chopped green pepper

SWEDISH DRESSING

Mrs. Rolland Wallis

1 C. mayonnaise $\frac{1}{4}$ C. whipped cream
 $\frac{1}{2}$ C. powdered sugar 1 egg white stiffly beaten
 $\frac{1}{4}$ C. chili sauce

FRENCH DRESSING WITH ROQUEFORT CHEESE

Mrs. F. H. Waters

For a mixed salad of tomatoes, lettuce and cucumbers, the following dressing is most delicious:

The foundation is the regular French dressing into which crumbled Roquefort cheese is stirred until the dressing is smooth. Use little or much of the cheese as taste indicates.

SALAD DRESSING (UNCOOKED)

Mrs. E. C. Sawyer

- | | |
|------------------------------------|--------------------------|
| 1 can Eagle brand | 2 eggs |
| condensed milk | $\frac{1}{2}$ t. salt |
| $\frac{1}{2}$ C. (or only 2 T.) of | 1 t. mustard |
| melted butter | $\frac{3}{4}$ C. vinegar |

Beat eggs, butter, salt and mustard together. Add milk slowly, then vinegar slowly beating all the time. Several dashes of paprika improves the flavor.

FRENCH DRESSING FOR FRUIT SALADS

Mrs. Rolland Wallis

- | | |
|--------------------------|-------------------------------|
| $\frac{1}{2}$ t. salt | $\frac{1}{4}$ C. orange juice |
| $\frac{1}{4}$ t. pepper | 1 t. powdered sugar |
| $\frac{1}{8}$ t. paprika | $\frac{1}{4}$ C. oil |
| 2 T. lemon juice | |

Mix thoroughly and serve on apple or banana salad.

THOUSAND ISLAND DRESSING

Mrs. T. J. Maroney

- | | |
|--------------------------|------------------------|
| 1 egg | 2 T. chopped pickle |
| $\frac{1}{4}$ t. salt | 2 T. chili sauce |
| $\frac{1}{4}$ t. paprika | 1 large mashed pimento |
| 1 t. sugar | 2 T. vinegar |
| 1 C. oil | |

COTTAGE CHEESE DRESSING

Many variations of the ordinary cottage cheese can be had by adding: (1) cooked prunes, chopped; (2) onions or diced

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onions and green peppers; (3) a mixture of diced red and green peppers, etc.

FRENCH DRESSING WITH CHEESE

Mrs. Rolland Wallis

- | | |
|--------------------------|-----------------------|
| 1 t. salt | 1 T. grapefruit juice |
| $\frac{1}{4}$ t. paprika | 1 T. vinegar |
| $\frac{1}{8}$ t. pepper | 1 T. Roquefort cheese |
| 4 T. oil | |

Serve on mixed fruit salad garnished with pimentos.

SALAD DRESSING

Mrs. J. E. Wright

Mix $\frac{1}{2}$ C. sugar, 1 T. flour and 1 egg. Add juice of 1 lemon; stir into 1 C. of boiling water. Cook in double boiler until thick. Add whipped cream when ready to serve.

PINEAPPLE SALAD DRESSING FOR FRUITS

Mrs. Thomas F. Crocker

- | | |
|------------------------|----------------------|
| 2 T. sugar and | 2 egg yolks, beaten |
| 1 T. cornstarch, mixed | 1 C. pineapple juice |

Cook 3 minutes. Before serving add $\frac{1}{2}$ C. whipped cream.

PINEAPPLE DRESSING FOR SALAD

Mrs. H. D. Hughes

Mix a generous T. butter and a scant T. of flour. Thicken with C. pineapple juice. Add:

- | | |
|-------------|------------------|
| 2 T. sugar | 1 T. lemon juice |
| Yolk of egg | Dash of paprika |

BOILED SALAD DRESSING

Mrs. A. H. Munn

- | | |
|--------------------------|-------------------------------|
| $\frac{3}{4}$ C. vinegar | $\frac{1}{4}$ C. water |
| Cook in double boiler. | |
| Yolks of 10 or 12 eggs | $\frac{1}{2}$ t. white pepper |
| beaten | 1 dessert spoon mustard, dis- |
| $\frac{1}{4}$ C. sugar | solved in warm water |
| 1 t. salt | |

Stir mixture into warm vinegar and cook until thick. Add butter about size of a walnut. When ready to serve, add thick sour or whipped cream.

SALAD DRESSING

Mrs. C. F. Kooser

- | | |
|--------------------|--------------------------------|
| 1 t. salt | 4 egg yolks |
| 1 t. mustard | 1 C. milk |
| 6 T. sugar | $\frac{1}{2}$ C. vinegar |
| 1 T. flour | $\frac{1}{2}$ C. whipped cream |
| 1 T. butter | 3 T. olive oil |
| Few grains cayenne | Juice of 2 lemons |

SALAD DRESSING RECIPE WITHOUT FLOUR

- | | |
|---|------------------------------|
| 2 eggs | $\frac{1}{2}$ t. dry mustard |
| 1 t. butter | |
| Mix butter and mustard together. | |
| $\frac{1}{2}$ C. sugar (light brown pre-ferably although white may be used) | 1 t. celery seed |
| | 1 C. vinegar weakened |

Cook. If too thick, thin with cream.

PEANUT BUTTER

Mrs. H. D. Hughes

Peanut butter is much better when diluted as follows: To approximately $\frac{1}{3}$ glass of peanut butter, add a generous pinch of salt and pour over boiling water. Set aside to stand for a few minutes; then beat thoroughly, adding more boiling water from time to time until you have the creamy consistency desired. When so prepared, it will spread like mayonnaise and this amount of peanut butter will make a glassful of the mixture.

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AMES, IOWA

SANDWICHES

RIBBON SANDWICHES

Mrs. H. D. Hughes

Alternate 2 layers brown bread and 2 layers white bread.
Spread with a filling as follows:

1/3 peanut butter 1/3 creamed and grated cheese
1/3 mayonnaise

Place under weights over night and slice like cake.

BACON AND EGG SANDWICH

Toast thin slices of bread. Scramble eggs and cook bacon. Put slices of tomato on slice of toast, scrambled eggs on the tomato, slice of bacon on the eggs, then add another slice of toast. Good hot sandwich for luncheon dish.

LUNCH SANDWICHES

1/2 slice of bread from large loaf. On it lay slices of tomato, on the tomato a thin slice of cheese, on that a slice of bacon.

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Put down the ends of bacon with toothpicks. Put the whole in hot oven so that bread will toast and bacon cook.

SANDWICH DELICIOUS

Mrs. J. M. Scott, Wichita, Kansas

- | | |
|-----------------------|-------------------------------|
| 1 can potted ham | 10 or 12 olives (ripe or |
| 6 small sweet pickles | green) |
| 2 hard boiled eggs | Boiled dressing or mayonnaise |

Mix ham, chopped olives, eggs and pickles well. Add enough dressing to hold mixture together. Spread on one slice, put lettuce leaf on another slice then put the two together. Cut diagonally and serve.

SANDWICH LOAF

Ida Anders

Trim crust from a loaf of sandwich bread, then cut lengthwise in three slices. Butter each lightly. Make a filling of any salad mixture desired—chicken, pimento cheese, and hard boiled egg with mayonnaise is good—and spread thickly between the three layers. After these are put together as a cake, cover top and sides with mayonnaise mixed with whipped cream. Decorate the top with daisies made of salted almonds, slices of hard boiled egg or any other suitable combinations. Serve on platter, garnish with lettuce. Cut in slices about 1 inch thick and serve on lettuce. A good Sunday night lunch dish.

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PUDDINGS AND SAUCES

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APPLE CRISP

Mrs. W. F. Coover

8 apples sliced (about 1 qt.)	1 C. sugar
1 t. cinnamon	$\frac{3}{4}$ C. flour
$\frac{1}{2}$ C. water	4 T. butter

Butter baking dish, fill with apples, cinnamon and water mixed. Mix remaining ingredients thoroughly. Spread over apples and bake. Serve with cream.

APPLE FLOATING ISLAND

Mrs. J. E. Campbell, Melbourne, Florida

Boil 2 C. water and 1 C. sugar 10 minutes, wash, pare and core 6 firm apples. Place them in syrup, cover tightly, cook gently till tender, then carefully remove apples to a shallow baking dish, let syrup boil till thick and pour over apples. Make a meringue of 2 egg whites beaten stiff and 6 T. sugar. Pile meringue on apples, bake till light brown. With yolks make a custard of 1 C. milk, 2 T. sugar, mixed with $\frac{1}{2}$ t. flour and pinch of salt. Cook until mixture coats spoon. Cool and serve with custard.

GERMAN APPLE PUDDING

Bess L. Walsh

1 egg	$\frac{1}{2}$ C. brown sugar
1 C. milk	Salt to taste
1 T. melted butter	Cinnamon
2 t. BP.	Some quartered apples
2 C. flour	

Beat eggs, add milk, melted butter, flour, salt and baking powder. Stir well and pour in shallow well buttered pan. Press apples into mixture in rows. Dust with cinnamon and sugar. Bake until apples are done, about $\frac{1}{2}$ hour. Serve with cream or sauce.

APPLE PUDDING

Mrs. Thomas F. Crocker

$2\frac{1}{2}$ C. sliced apples that have been pared and cored. Mix 2 T. flour, $\frac{3}{4}$ C. sugar, $\frac{1}{8}$ t. salt, $1\frac{1}{2}$ C. water. Sprinkle with a little nutmeg. Let heat to boiling point in deep pudding pan,

then cover with the following drop or rolled crust:

1½ C. flour	¼ t. salt
½ C. sugar	1/8 t. nutmeg
4 t. BP.	

Sift all together and cut into 1/3 C. Crisco or Snowdrift. Add enough milk to make a very soft dough to roll or to drop by spoonfuls over the hot apples. Bake in hot oven 25 minutes. Serve warm with heavy cream.

ANGEL PUDDING

Mrs. F. H. Lang

½ lb. pecans (shelled)	3½ t. BP.
½ lb. English walnuts	½ lb. dates
1½ C. powdered sugar	Whites of six eggs

Cut dates in fine pieces. Mix with sugar. Break nut meats fine. Add sugar and egg whites lastly. Bake in moderate oven 30 minutes. Serve with whipped cream.

APRICOT PUDDING

Mrs. J. E. Campbell, Melbourne, Florida

Drain the juice from a can of apricots. Press through a sieve or colander enough to make 1 cupful. Add 2 stiffly beaten egg whites and allow to chill. When ready to serve, heap in frappe glasses and serve with cold custard sauce.

DATE PUDDING (4 PERSONS)

Mrs. D. L. Iversen

2 egg whites	1 t. BP.
½ C. sugar	½ C. dates (cut fine)
4 T. flour	½ C. nuts (cut fine)
1/8 t. salt	¼ t. vanilla

Beat egg whites thoroughly. Add sugar, flour, salt and baking powder. Mix well. Add dates, nuts and vanilla. Pile lightly in well buttered baking dish. Place dish in boiling water. Bake 30 minutes in moderate oven. Allow pudding to remain in oven a little while after heat is turned off. If cooled slowly it will not fall. Serve with whipped cream.

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COTTAGE PUDDING

Mrs. J. H. Ainsworth

Cream $\frac{1}{4}$ C. butter, add $\frac{1}{2}$ C. sugar, 1 well beaten egg and alternately, $\frac{1}{2}$ C. of milk and $1\frac{1}{2}$ C. flour, sifted with $2\frac{1}{2}$ t. of baking powder.

Sauce

$\frac{1}{2}$ C. boiling water	1 T. butter
1 T. flour	1 C. sugar
2 T. vinegar	$\frac{1}{2}$ t. nutmeg

Instead of vinegar, lemon juice may be used or chopped preserved ginger added to sauce and, served with pudding, is delicious.

STEAMED CHOCOLATE PUDDING

Mrs. L. S. Sinclair

$\frac{1}{2}$ C. sugar	$1\frac{1}{2}$ t. BP.
$\frac{1}{2}$ C. milk	1 sq. chocolate, melted
1 T. butter, melted	Pinch of salt
1 C. flour	1 egg

Steam 30 minutes.

Sauce

$\frac{1}{2}$ C. butter or less butter and cream	Yolks of 2 eggs
---	-----------------

Thicken with powdered sugar and beat. Flavor with vanilla. If more sauce is desired use more cream and sugar.

SUET PUDDING

Mrs. C. W. Dudgeon

1 C. best sorghum	$3\frac{1}{2}$ C. flour
$1\frac{1}{2}$ C. chopped suet	1 small t. salt
1 C. sweet milk	1 level t. soda, dissolved in the sorghum
1 C. small seeded raisins	

Mix all together and steam 3 hours. $\frac{1}{2}$ C. nuts may be added.

Sauce

$\frac{3}{4}$ C. sugar	1 T. flour
2 rounding T. butter	1 T. vinegar

Cream all together, add to this 1 C. boiling water and cook until thickened.

DATE PUDDING

Mrs. L. C. Wilson

- | | |
|----------------------|------------------------|
| 1 C. nuts | 3 T. flour |
| 1 C. dates (chopped) | 1 t. BP. |
| 2 eggs | $\frac{3}{4}$ C. sugar |
| Pinch salt | |

Mix. Pour into buttered pan. Set in water. Bake 45 minutes. After removing from oven, turn over pudding a cup of cream. Serve with whipped cream if desired.

DATE PUDDING

Mrs. R. W. Snyder

- | | |
|----------------------------|------------|
| $\frac{1}{2}$ C. nut meats | 2 T. milk |
| 1 C. dates (chopped) | 2 T. flour |
| $\frac{1}{2}$ C. sugar | 2 eggs |
| 1 T. butter | 1 t. BP. |

Melt butter and add to sugar. Add milk and eggs, beaten slightly. Combine flour and baking powder. Nuts and dates are added last. Bake in a pan about 12 inches square for about 20 minutes. Cut in squares or pile by teaspoon in sherbet glasses. Serve with custard sauce, whipped cream or ice cream. This may be baked the day before serving.

CUSTARD

Mrs. H. D. Hughes

If your custard sometimes separates, try this: Stir yolks of eggs in milk and add sugar when milk is just warm enough to melt the sugar. After custard boils, set aside to cool before adding beaten whites.

PINEAPPLE SNOW PUDDING

Mrs. Harry Davis

- | | |
|--------------------------|-------------------------------------|
| 1 T. granulated gelatine | 1 C. boiling pineapple juice |
| 3 T. cold water | 1 egg white, stiffly beaten |
| $\frac{1}{4}$ C. sugar | $\frac{1}{2}$ C. diced marshmallows |
| 3 T. lemon juice | $\frac{1}{2}$ C. diced pineapple |

Soak the gelatine in cold water for 5 minutes. Add the sugar, lemon juice and boiling water and stir until the gelatine is

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well dissolved. Cool and when partially congealed, beat until frothy and stiff. Add the egg whites and beat until the mixture retains its shape. Add the marshmallows and pineapple and mix well. Place in glass serving cups and set in a cool place for 1 hour or more.

CHOCOLATE ICE BOX CAKE

Mrs. W. F. Meads

- | | |
|--------------------------|---------------------|
| 1 sq. sweet chocolate or | 3 T. sugar |
| 2 T. cocoa | 4 eggs |
| 3 T. water | 2 doz. lady fingers |

Melt chocolate in double boiler. Add water and sugar. Remove and add beaten egg yolks and stiffly beaten whites. Halve lady fingers, dip in mixture, pack in dish and pour remainder of sauce over them. Put in ice box. Serve with whipped cream.

ICE BOX DESSERT

Mrs. R. A. Smith

Soften $\frac{1}{2}$ lb. sweet butter, when very creamy, add gradually 1 C. sifted confectioners sugar, stirring continually until the sugar is thoroughly blended with the butter. Add the yolks of 6 eggs, one at a time beating the mixture well after the addition of each yolk. Add 1 dozen macaroons which have been dried and grated. Blanched almonds added now, as many as desired. Then add the whites of the eggs, beaten until stiff and dry, and fold in thoroughly. Arrange lady fingers in bottom of mold, then add layer of filling, next lady fingers, filling and lady fingers on top. Place in refrigerator and let stand at least 24 hours. Serve with whipped cream.

PUDDING SAUCE

Mrs. W. F. Coover

Cream together $\frac{1}{2}$ C. butter and 1 C. sugar. Add 1 t. vanilla, 2 T. jelly and $\frac{1}{4}$ C. boiling water. Beat well. Just before serving, add beaten white of an egg.

MOCK ICE CREAM

Mrs. Chris J. Christensen

- | | |
|-----------------------------|------------------------|
| 4 T. gelatine | $\frac{1}{2}$ C. sugar |
| $\frac{1}{2}$ C. cold water | 1 T. flavoring |
| 1 pt. whipped cream | Fruits and nuts |

Soak gelatine in cold water, then put cup containing gelatine in hot water until gelatine is dissolved. Whip cream, add sugar (powdered or granulated) then add gelatine, beat well, add

flavoring, nuts and fruit. Pour in shallow pan which is rinsed with cold water. Chill. When set, turn on platter and slice.

MAPLE SAUCE

Mrs. Mabel Peabody

A good sauce to serve with steamed pudding may be made by dissolving $\frac{1}{2}$ pt. maple sugar in 1 C. water, adding $\frac{1}{2}$ C. butter mixed with 1 T. flour and flavoring to taste. Boil a few moments in double boiler.

PINEAPPLE FLUFF

Mrs. Krotoska

Dissolve one envelope of Plymouth Rock gelatine in 1 C. luke warm water, add 2 C. sugar. When this begins to set, add 1 pt. cream (whipped). Fold in the stiffly beaten whites of 3 eggs and 1 qt. can of shredded pineapple (drained). Chill.

PINEAPPLE SPONGE

Lusena H. Engeldinger

Put $\frac{1}{2}$ package of Plymouth Rock gelatine to soak in $\frac{1}{2}$ C. of tepid water. In a double boiler, boil 1 can grated pineapple

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and 1 C. sugar for 30 minutes, then beat into the softened gelatine while hot. Let cool. Add 1 pt. whipped cream and let stand in a mold and serve with whipped cream.

PINEAPPLE BAVARIAN CREAM

Mrs. Annie A. Wheelock

- | | |
|-------------------------|------------------------|
| 1/2 box Knox gelatine | 1 can grated pineapple |
| 1 C. cold water | 1 C. sugar |
| 1 lemon | 1 pt. whipping cream |
| 6 or 8 candied cherries | |

Soak the gelatine in 1 C. of cold water for 15 minutes. Cook together 1 can of grated pineapple and 1 C. of sugar. Just before removing from fire, add gelatine and set aside to cool. When cool, add the juice of 1 lemon and beat thoroughly. Continue beating while adding 1 pt. of whipped cream and candied cherries cut into small pieces. Put in molds.

PINEAPPLE PARFAIT

Mrs. F. P. Reed

Soak 3 t. of Knox gelatine in 1/3 C. cold water 10 minutes. Add 1/3 C. boiling water and 1 C. sugar stirring until dissolved. Add juice of 1 lemon and 1 C. pineapple, cut in small pieces. Let cool until slightly jellied then add 1/2 pt. of whipped cream. Serve with whipped cream and maraschino cherry.

CHOCOLATE PUDDING

Mrs. A. B. Crawford

- | | |
|---------------|-----------------|
| 1/4 C. butter | 1 egg |
| 1/4 C. sugar | 1 sq. chocolate |
| 1/2 C. milk | 1 t. BP. |
| 1 C. flour | 1/4 t. soda |

Cream butter and sugar together. Melt chocolate in milk and add to butter and sugar. Sift flour, baking powder and soda together, and add lastly well beaten egg. Steam 40 minutes in cups. Serve with hard sauce, or hot chocolate sauce. Serves 5.

CHERRY PUDDING

Mrs. M. E. Fowler

- | | |
|-------------------------------|-----------------|
| 1/4 C. seeded canned cherries | 1/2 t. BP. |
| 1/4 C. brown sugar | 1/8 t. salt |
| 1/3 C. water | 1/2 t. cinnamon |
| 1/2 C. flour | 1/4 t. cloves |
| 1/3 t. soda | |

Mix the sugar, flour, soda, baking powder, salt, cinnamon and

cloves. Add the cherries, (carefully drained) and the water. Beat 1 minute. Add melted butter. Fill a well buttered pudding mould half full. Steam 1 hour. Serve with cherry sauce.

Cherry Sauce

$\frac{1}{2}$ C. sugar
 $1\frac{1}{2}$ t. flour
 $\frac{1}{4}$ t. salt
 $\frac{1}{2}$ C. cherry juice

$\frac{1}{2}$ C. water
 $\frac{1}{3}$ C. cherries
 $\frac{1}{2}$ t. lemon extract

CHERRY PUDDING

Mrs. W. F. Coover

2 eggs
 2 C. flour
 $\frac{3}{4}$ C. sugar
 2 T. butter
 3 t. BP.
 $\frac{1}{4}$ t. salt
 1 qt. seeded cherries
 $\frac{2}{3}$ C. milk

Mix like cake. Bake in loaf cake pan. Serve with cream.

CARAMEL PUDDING

Fay Farnum

$\frac{1}{2}$ C. sugar
 3 eggs
 $\frac{1}{4}$ t. salt
 3 C. scalded milk
 $\frac{1}{2}$ C. bread crumbs
 $\frac{1}{2}$ C. chopped raisins or dates
 1 t. vanilla

Melt sugar to a syrup of light brown color. Add scalded milk gradually. As soon as sugar is melted in milk, add mixture to yolks of eggs slightly beaten; add remaining ingredients and bake. Use whites of eggs for meringue. Serve cold. This will serve 6. If raisins or dates are not used, a little more sugar should be added.

BAKED CUSTARD

Mrs. F. D. Paine

4 C. scalded milk
 4 eggs
 $\frac{1}{2}$ C. sugar
 $\frac{1}{4}$ t. salt
 Nutmeg to season

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Beat eggs slightly, add sugar and salt and milk. For moulded custard, butter the mould and use 6 eggs. Set in pan of hot water and bake in slow oven until firm.

CARROT PUDDING

Mrs. Frank Brokaw

- | | |
|--|---------------|
| 1 C. chopped raw potatoes | 1 C. flour |
| 1 C. chopped raw carrots | 1 C. raisins |
| 1 C. suet chopped, or $\frac{1}{2}$ C. melted butter | 1 t. BP. |
| 1 C. brown sugar | 1 t. cinnamon |
| | 1 t. cloves |
- Steam 2 hours. Serve with dip.

CARROT PUDDING

Mrs. Geo. Hultz

- | | |
|-------------------------|-----------------------------------|
| $1\frac{1}{2}$ C. flour | 1 C. granulated sugar |
| 1 C. grated carrot | 1 t. soda, dissolved in hot water |
| 1 C. grated potato | 1 t. cinnamon |
| 1 C. raisins | 1 t. nutmeg |
| 1 C. currants | 1 t. salt |
| 1 C. ground suet | |

Steam 2 hours and serve with sauce.

Sauce

- | | |
|-------------|--------------------|
| 1 C. sugar | 2 T. flour |
| 1 T. butter | 1 C. boiling water |

Moisten the flour with cold water and pour all together and boil a few minutes. Flavor with vanilla.

CHOCOLATE PUDDING

Mrs. F. A. Fish

- | | |
|------------|--------------------------------------|
| 1 qt. milk | $\frac{1}{2}$ C. sugar |
| 2 eggs | $1\frac{1}{2}$ T. cocoa, or |
| 3 T. flour | $\frac{1}{4}$ cake Baker's chocolate |

Heat the milk and chocolate well together. Beat eggs, sugar and flour with a little cold milk; add to milk and chocolate, let come to a boil and flavor with vanilla. Eat cold with cream.

CARAMEL-PECAN PUDDING

Mrs. Louis B. Schmidt

- | | |
|------------------------|------------------------|
| 1 C. caramel | |
| 3 C. milk | $\frac{1}{2}$ C. sugar |
| Cornstarch to thicken | 1 t. vanilla |
| 4 beaten yolks of eggs | |

Cook in double boiler. Add cup of broken pecan nuts when removed from fire. Dampen moulds, place three whole nuts in moulds, pour pudding in. Stand until cold. Serve with whipped cream.

SUET PUDDING

Mrs. C. G. Cole

- | | |
|--------------------------|---------------|
| 1 C. finely chopped suet | 1½ t. salt |
| 1 C. molasses | ½ t. ginger |
| 1 C. milk | ½ t. nutmeg |
| 3 C. flour | 1 t. cinnamon |
| 1 t. soda | 1 pkg. dates |
| 1 C. nut meats | |

Fill cans 2/3 full and steam 3 hours. Serve with lemon sauce.

CARAMEL PUDDING

Mrs. G. C. Roberts

Beat 2 eggs well, add ¾ C. of sugar, ½ C. flour, pinch of salt, 3 C. milk. Take 1 C. of brown sugar, put in pan and brown. Add the other mixture, cook until thick, stirring constantly and then add 1 C. walnut meats. Serve with whipped cream.

CAKE PUDDING

Mrs. G. M. Person

- | | |
|------------|----------------|
| 2 eggs | ½ C. sour milk |
| 2 T. cocoa | |

Cook until thick. Then add:

- | | |
|----------------------|---------------------------|
| 1 T. butter | 1 t. soda dissolved in it |
| 1 C. sugar | 1½ C. flour |
| ½ C. sour milk, with | 1 t. BP. |

Bake in layers and use the following filling:

Filling

- | | |
|------------|-----------------------|
| 1 C. sugar | Pinch of salt |
| ½ C. flour | Butter size of walnut |
- Flavor with lemon and vanilla. Small can shredded pineapple, 1 pkg. seeded raisins cooked.

CUSTARD

Mrs. Jennie McElyea Beyer

- | | |
|-----------------|------------|
| 1 large C. milk | ½ C. sugar |
| 1 egg | ¼ C. flour |

Chunk of butter. Cook in double boiler. Serves 12 people.

SNOW PUDDING

Mrs. G. E. Farnum

- | | |
|-----------------|--------------|
| 3 T. cornstarch | 1/2 t. salt |
| 1 pt. of water | 3 egg whites |
| 1/2 C. sugar | |

Dissolve cornstarch in water, add sugar and salt. Cook until clear. Have egg whites well beaten and stir until frothy. Put on ice when cool.

Sauce

- | | |
|-------------|-------------------|
| 1 T. butter | 1 C. milk |
| 3 egg yolks | 1 C. walnut meats |
- Brown butter, add milk and yolks of eggs. Cook up, add walnuts, vanilla, pour on hot when ready to serve.

STEAMED PUDDING

Mrs. Siverly

- | | |
|------------------------------|---------------------|
| 1 C. molasses | 1 egg |
| 1/2 C. warm water | 1 1/2 C. flour |
| 1 t. soda dissolved in water | Flavor with vanilla |
- Steam one hour.

Sauce for Pudding

- | | |
|---------------|--------|
| 1 C. sugar | 2 eggs |
| 1/2 C. butter | |
- Beat together and flavor with vanilla.

SUET PUDDING

Mrs. Ed V. Jackson

- | | |
|--------------------------|----------------|
| 1 C. finely chopped suet | 1 lb. raisins |
| 1 C. Orleans molasses | 1 t. salt |
| 1 C. sweet milk | 3 t. BP. |
| 2 C. flour | Spice to taste |
- Steam 3 hours. Serve with brandy sauce.

STEAMED PUDDING

Mrs. A. B. Crawford

- | | |
|--------------------------------|-----------------------------|
| 1 C. seeded raisins | 1/2 t. soda and 1 t. BP. if |
| 1 C. chopped figs | sugar is used |
| 1 C. chopped suet | 1 C. molasses or dark |
| 1 t. each of cinnamon, | brown sugar |
| cloves and ginger | 1 C. milk |
| 1 t. soda, if molasses is used | 2 1/2 C. flour |
- Steam 2 hours. Serve with hard sauce.

STEAMED PUDDING

Mrs. H. R. Long

- | | |
|-----------------|--------------------|
| 1/2 C. molasses | 2 scant C. flour |
| 1/2 C. butter | 1 C. dates or figs |
| 1 C. sour milk | 1 t. cinnamon |
| 1 t. soda | 1 t. cloves |

SPICE PUDDING

Mrs. A. H. Munn

- | | |
|--|-------------------------------|
| 1 C. sugar | 1 C. milk or cream |
| Piece of butter the size of
walnut | 2 C. bread crumbs |
| 1 t. of each of the following:
nutmeg, cinnamon and
cloves | 1 heaping C. flour |
| | 2 t. BP. |
| | 1 C. raisins mixed with flour |

Bake in flat loaf in moderate oven.

Sauce

- | | |
|-----------------------|------------|
| 1 1/2 C. sugar | 2 T. flour |
| 2 C. boiling water | Vanilla |
| Butter size of walnut | |

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QUEEN OF PUDDINGS

Edna Brown

- | | |
|-------------------|------------------------|
| 1 qt. milk | $\frac{1}{2}$ C. sugar |
| 2 C. bread crumbs | $\frac{1}{2}$ t. salt |
| 4 egg yolks | Flavoring |
| 1 T. butter | |

Beat yolks of eggs. Add sugar, butter, milk, crumbs and flavoring. Put in greased dish. Place dish in hot water and bake until set. Spread with jelly. Cover with meringue and flavoring. Brown in oven.

Mrs. L. C. Tilden adds the grated rind of 1 lemon to the above pudding and the juice of the lemon to the meringue.

SWEDISH PUDDING

Mrs. W. S. Burton

- | | |
|------------------------|-------------------------|
| 1 egg | $\frac{1}{2}$ C. butter |
| $\frac{1}{2}$ C. sugar | |

A little over $\frac{1}{2}$ C. nuts and enough flour to make a batter or paste. Put in a small pan and mould out into crusts like little pies. Bake and then fill with a mixture of fruit: grapes, oranges, etc., and cover with whipped cream. Enough for 1 doz.

PUDDING SAUCE

Mrs. Harry Brown

- | | |
|-------------------------------------|--------------------------------|
| (a) $\frac{1}{2}$ C. butter | $\frac{1}{4}$ C. boiling water |
| 1 C. powdered sugar | 2 T. flavoring |
| 1 egg white | |
| | or |
| (b) $\frac{1}{2}$ C. powdered sugar | $\frac{1}{4}$ C. whipped cream |
| 2 eggs—beat till light | |

ENGLISH PLUM PUDDING

Mrs. L. M. Warburton

- | | |
|-------------------------|--------------------------------------|
| 1 C. seeded raisins | $\frac{1}{2}$ C. sweet milk |
| 1 C. chopped suet | 2 t. BP. |
| 1 C. molasses | $\frac{1}{2}$ t. cinnamon and nutmeg |
| $2\frac{1}{2}$ C. flour | |

Mix well and steam 3 hours in a well-greased pudding dish.

Sauce

- | | |
|-------------------------|--------------|
| $\frac{1}{2}$ C. butter | 4 T. flour |
| 1 C. sugar | 1 t. vanilla |

Mix flour, sugar and butter, pour boiling water over and boil until thick enough.

STEAMED PUDDING

Mrs. Harry Brown

- | | |
|----------------------------|--|
| 1 egg and | $\frac{1}{2}$ C. boiling water and add |
| 2 T. sugar beaten together | 1 t. soda |
| 2 C. molasses (beat again) | $1\frac{1}{2}$ C. flour—raisins may be |
| 2 T. butter | added in flour |

Steam at least 1 hour.

ENGLISH PLUM PUDDING

Mrs. H. D. Bergman

- | | |
|--|--------------------------|
| $1\frac{1}{2}$ C. brown sugar | 1 T. nutmeg |
| $1\frac{1}{2}$ C. New Orleans molasses | 3 T. BP. |
| 1 C. sweet milk | 2 lbs. English currants |
| 1 C. butter | 1 lb. cut dates |
| $4\frac{1}{2}$ C. flour | 2 lbs. seeded raisins |
| 4 eggs well beaten | $\frac{1}{2}$ lb. citron |
| 1 T. cinnamon | $\frac{1}{2}$ lb. figs |
| 1 T. cloves | |

Bake in slow oven 3 or 4 hours according to size of loaves. Keep in stone jar, covered. Will keep a year if desired. Cut in slices and steam a few minutes before serving. Serve with any preferred sauce.

PLUM PUDDING

Mrs. C. F. Kooser

- | | |
|--------------------------|------------------------------------|
| 2 C. flour | 2 well beaten eggs |
| $\frac{1}{2}$ t. nutmeg | 2 t. BP. |
| $\frac{1}{2}$ C. sugar | $\frac{1}{2}$ C. candied citron or |
| 1 C. finely chopped suet | watermelon rind |
| 1 C. bread crumbs | 1 C. raisins |
| 1 C. molasses | $\frac{1}{2}$ t. cloves |
| $\frac{1}{2}$ t. salt | $\frac{1}{4}$ C. English walnuts |
| 1 C. milk | $\frac{1}{2}$ t. allspice |
| $\frac{1}{4}$ t. soda | |

Sift the dry ingredients, reserving $\frac{1}{2}$ C. flour in which to flour the fruit and nuts before adding. Add the other ingredients in the above list. Mix well together and pour into a but-

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tered pudding mould, filling it not over half full. Cover the mould tightly and steam for $2\frac{1}{2}$ hours. If small $\frac{1}{4}$ lb. moulds are used, steam for $1\frac{1}{4}$ hours. Serve the pudding with hard sauce.

MARSHMALLOW PUDDING

Mrs. Chris J. Christensen

- | | |
|------------------------|-----------------------------------|
| $\frac{1}{2}$ C. sugar | 2 egg whites |
| $\frac{1}{4}$ C. water | 2 C. marshmallows |
| 1 T. gelatine | $\frac{1}{4}$ C. candied cherries |
| 2 C. whipped cream | 1 C. broken pecan meats |

Cook sugar and water until syrup hairs, pour gradually on beaten whites, stirring constantly. Add the dissolved gelatine, cool slightly. Add other ingredients and cool before serving.

MAPLE NUT MOULD

Mrs. H. E. Nichols

- | | |
|-----------------------|---------------------------------|
| 1 C. dark brown sugar | $1\frac{1}{3}$ C. boiling water |
| 4 T. corn starch | 3 T. cold water |
| Whites of 2 eggs | $\frac{1}{2}$ C. nut meats |
| Pinch of salt | |

Mix boiling water and sugar, then add cornstarch dissolved in the cold water. Cook until thick in double boiler. Add nuts and beaten egg whites. Pour in individual moulds and serve with whipped cream or custard.

Custard

- | | |
|-------------|------------|
| 1 C. milk | 2 T. sugar |
| 2 egg yolks | |

PLUM PUDDING

Mrs. E. E. Little

- | | |
|-------------------------|---------------------------|
| 1 C. molasses | $1\frac{1}{2}$ C. raisins |
| 1 C. sweet milk | $2\frac{1}{2}$ C. flour |
| 1 C. suet, chopped fine | 1 t. soda |
| 1 t. cinnamon | $\frac{1}{2}$ t. allspice |
| $\frac{1}{4}$ t. salt | |

Mix well and steam 3 hours.

INEXPENSIVE PLUM PUDDING

Edna Brown

Mix 2 C. bread crumbs, 1 C. molasses, 1 C. milk, $\frac{1}{2}$ C. chopped suet, 1 egg, 1 t. cloves, 1 C. raisins, (nuts or candied fruit as desired) with $\frac{1}{2}$ C. flour and $\frac{1}{4}$ t. soda. Steam 3 hours.

PINEAPPLE DESERT

Mrs. Alvin Lewis

- | | |
|---------------------------|---------------------|
| 1/2 can white cherries or | 1 doz. marshmallows |
| grapes | 1 can pineapple |
| 1 C. of nuts | |

Dressing

Drain juice off can of pineapple. Mix with 3/4 C. of sugar, 2 T. flour and 2 eggs, well beaten. Cook all together, mix with other ingredients, lastly add 1 C. of whipped cream.

LONDON PUDDING

Mrs. H. W. Warner

- | | |
|---------------------|----------------------|
| 4 doz. lady fingers | 4 egg yolks |
| 1 C. butter | 1/4 C. strong coffee |
| 2 C. brown sugar | Chopped almonds |

Cream butter and sugar. Add egg yolks unbeaten. Add coffee until it begins to separate. Spread on lady fingers. Sprinkle with nuts. Put on another layer. Serve with whipped cream. Two lady fingers make one serving.

GINGER PUDDING

Mrs. A. T. Erwin

- | | |
|---------------------------|---------------------|
| 1 egg beaten light | 1 C. N. O. molasses |
| 2/3 C. hot water in which | 1 1/2 C. flour |
| dissolve | 1 t. ginger |
| 1 t. soda | Pinch of salt |

Steam in buttered mould 1 1/2 hours.

Sauce

- | | |
|------------------------|------------------------|
| 1 C. light brown sugar | 1 egg |
| 1/2 C. butter or oleo | Orange juice to flavor |
- Beat all together and simmer in hot water 1/2 hour or serve cold.

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GINGER PUDDING

Mrs. Escott Hicks

- | | |
|----------------------|-------------|
| 1/3 C. butter and | 1/4 t. salt |
| 1/2 C. sugar creamed | 4 t. BP. |
| 1 egg well beaten | 2 t. ginger |
| 2 1/4 C. flour | |

Add dry material to egg, butter and sugar, in alternation with:

- | | |
|---|------------------------------|
| 1 C. milk | 1 C. dry crystallized ginger |
| Steam and serve with cream, or if preferred | |
| 1/4 C. butter | 2 C. powdered sugar |
| 1/2 C. cream | 1 t. ginger |

INDIAN PUDDING

Mrs. A. T. Erwin

- | | |
|---------------------------|------------------------|
| 1 qt. scalded milk | Molasses to sweeten as |
| 7 T. corn meal (rounding) | desired |
| 1/4 C. butter | Vanilla or cinnamon to |
| 1/2 C. sugar | flavor |
| Salt | 1/2 C. cold water |

Stir meal into milk while heating, remove from fire and add other ingredients. Add water just before putting into oven. Requires several hours baking, stirring occasionally. (In New England this was considered the proper dessert to accompany baked beans.)

STRAWBERRY WHIP

Mrs. Andie Olson

Dissolve 1 package of strawberry Jello in 1/2 pt. boiling water. When cool but not thick, add 1/2 pt. of whipped cream and 1 C. of sweetened crushed strawberries. Beat until light and foamy and turn in mold to harden.

GRAHAM CRACKER PUDDING

Mrs. Jennie McElyea Beyer

- | | |
|----------------------------|-----------------|
| 24 graham crackers, rolled | Yolks of 2 eggs |
| 1 C. sugar, and | 1 C. milk |
| 1/2 C. butter, creamed | |

Mix with crackers, 2 t. baking powder and 1 C. nut meats (pecans). Mix this with egg and crackers and lastly beaten whites. Bake in 2 pans.

DELMONICO PUDDING

Mrs. A. H. Munn

Cream 1/4 lb. butter and 2 or more C. powdered sugar. Add 4 egg yolks beaten thoroughly, one at a time, with creamed sugar

and butter, $\frac{1}{8}$ lb. chopped almonds, $\frac{1}{4}$ C. strong black coffee (cold), $\frac{3}{4}$ t. vanilla, 3 doz. lady fingers. Line a pan with a layer of lady fingers, then a layer of the filling and so on till all are used, having lady fingers on top. Slice when cold and serve with whipped cream. Make the day before serving.

GRAPENUTS PUDDING

Mrs. Clyde Jones

- | | |
|---|-----------------|
| 1 pkg. lemon jello dissolved in 1 pt. of boiling water. | |
| 1 C. grapenuts | 1 C. raisins |
| 1 T. cinnamon | 1 C. dates, cut |
| $\frac{1}{2}$ t. cloves | 1 C. nuts |
| 2 T. sugar | |

Mix and pour in oblong mold to harden. Will serve 10.

GRAHAM PUDDING

Miss M. B. Berry

- | | |
|-------------------|--------------|
| 1 C. molasses | 1 C. raisins |
| 1 C. sour milk | 1 t. soda |
| 2 C. graham flour | |

Mix all together thoroughly and put in buttered mold. Steam 3 hours or put into 3 baking powder cans and steam 2 hours. Eat with any sauce desired.

FIG PUDDING

Mrs. W. H. Stafford

- | | |
|--------------------------------------|--------------------------|
| 1 C. suet and | 1 C. sweet milk |
| $\frac{1}{2}$ lb. figs, chopped fine | 2 eggs well beaten |
| 3 C. bread crumbs | A very little nutmeg and |
| 1 C. sugar | cinnamon |

Steam 3 hours.

NUT FRAPPE

Mrs. C. W. McDonald

- | | |
|-------------------------------------|------------------------|
| (a) $\frac{1}{2}$ envelope gelatine | $\frac{1}{2}$ C. sugar |
| $\frac{1}{4}$ C. cold water | 1 pt. of cream |
| 1 C. pineapple or any berry | White of 1 egg |
| | 1 C. chopped nuts |

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- (b) Prepare gelatine by softening in cold water, then dissolve over hot water. Add this to cream and sugar. Stir in beaten egg whites. When cold add pineapple and strawberries (cut into small pieces). Add chopped nuts. Serve ice cold in frappe glasses.

DATE MOLD

- | | |
|---------------------|---------------------------|
| 1/2 C. of nut meats | 1 lb. of dates (cut fine) |
| 1 C. of sugar | 1 1/2 C. hot water |
| 1 envelope gelatine | 2 eggs |
| 1 C. cold water | |

Soak gelatine in cold water 20 minutes, add slowly the hot water to beaten egg yolks, add sugar to gelatine, dates and nuts. Cook until it reaches the boiling point stirring constantly. Cool to luke warm then add the beaten whites, put in mold and chill. It can be sliced and served with plain or whipped cream or ice cream.

A GOOD PUDDING

Mrs. I. E. Melhus

- | | |
|------------------------|-------------------------------------|
| 1 C. sugar | 1 C. raisins, chopped, not too fine |
| 1 pt. milk | |
| 2 T. powdered gelatine | |

Boil all but raisins in double boiler until it begins to thicken. When cool add the raisins and the beaten whites of 5 eggs, folded in. Mold.

PLUM PUDDING

Mrs. O. P. Rutledge

- | | |
|--|------------------------------|
| 1 package of lemon jello dissolved in 3 C. of boiling water. | |
| 1 C. grape nuts | Cinnamon and nutmeg to taste |
| Pinch of salt | |
| 1/4 C. sugar | 1 C. dates |
| 1 C. raisins, chopped | 1/2 C. walnut meats |

Mix thoroughly, pour into dish or mold to cool. Serve with whipped cream or lemon sauce.

CHARLOTTE RUSSE

Elvira N. Atkinson

- | | |
|-------------|----------------|
| 1 pt. milk | 1/2 C. sugar |
| 1 pt. cream | 1 oz. gelatine |
| 4 egg yolks | 1 T. vanilla |

Mix sugar with egg yolks; scald milk and pour over them; put on fire and cook until eggs are cooked but not thickened;

remove from fire; add gelatine that has been soaked in half C. of cold water; add the vanilla, set in a cold place and when the mixture begins to thicken, fold in whipped cream and mold.

ICE BOX CAKE

Mrs. B. W. Hammer

3/4 lb. confectioner's sugar	1 small can grated pine-
1/2 lb. butter	apple
4 eggs	3 doz. lady fingers
1 pt. whipping cream	1 t. vanilla
1/4 lb. candied cherries	

Cream butter and sugar until very creamy. Separate the eggs and add yolks one at a time to sugar mixture, beating well after adding each egg. Add beaten whites and vanilla. Whip 1/2 pt. cream. Split lady fingers and cover bottom of torte tin. Spread 1/3 of the sugar mixture over the lady fingers. Cover this with 1/2 the amount of cherries and pineapple. Cover this with a layer of whipped cream or 1/2 of the amount of cream whipped, then a layer of lady fingers and so on as above until used, saving enough of the sugar mixture for the top layer. Put cake in the ice box over night at least. Before serving add 1/2 pt. cream whipped and more cherries for decoration. Cut like cake.

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ICE BOX CAKE

Mrs. R. T. Jeffrey

- | | |
|-----------------------------------|-------------------------|
| 3 egg yolks | $\frac{1}{2}$ C. butter |
| $\frac{1}{4}$ C. white sugar | 1 C. powdered sugar |
| 1 T. cornstarch | 3 egg whites |
| Juice of 1 lemon | 2 doz. lady fingers |
| $\frac{1}{2}$ lemon rind (grated) | |

Cook egg yolks, sugar and cornstarch until thick. Let cool, then cream butter and powdered sugar. Add lemon and egg whites beaten stiff. Lay lady fingers in pan, cover with mixture, then another layer of lady fingers. Cover top with mixture and a dash of whipped cream.

ICE BOX CAKE (SERVES 5)

Mrs. J. H. Ainsworth

Melt one 15c bar of sweet chocolate over tea kettle. Add 2 T. warm water. Remove from teakettle. Mix yolks of 3 eggs and 2 heaping T. of sugar. Stir into chocolate mixture. Fold in the 3 whites of the eggs. Dip 1 doz. lady fingers into the mixture. Line a dish with them. Pour over remaining mixture. Let stand in refrigerator over night. Serve with whipped cream.

NUT CREAM

Mrs. E. A. Pattengill

- | | |
|--------------------------------|----------------------------|
| 2 T. gelatine soaked in | Vanilla |
| $\frac{1}{2}$ C. cold water | 1 C. marshmallows |
| 1 pt. whipping cream | $\frac{1}{2}$ C. nut meats |
| $\frac{1}{2}$ C. boiling water | 2 slices pineapple |
| $1\frac{1}{4}$ C. sugar | |

Juice of pineapple may be used instead of water. Whip the cream add the gelatine and then the other ingredients.

DATE PUDDING (VERY FINE)

Melt 3 T. of butter and add $\frac{1}{2}$ C. of molasses and $\frac{1}{2}$ C. of milk. Mix and sift $1\frac{2}{3}$ C. of flour, $\frac{1}{2}$ t. soda and $\frac{1}{4}$ t. each of salt, cloves, allspice and nutmeg. Add to the first mixture, then add $\frac{1}{2}$ lb. of dates, stoned and cut in pieces. Turn into a buttered mold, cover, and steam $2\frac{1}{2}$ hours, or turn into 3 buttered 1-lb. baking powder boxes (being sure they do not leak), when the steaming may be accomplished in $1\frac{1}{2}$ hours.

Serve with Creamy Sauce. Work $\frac{1}{2}$ C. butter until creamy, and add gradually, while beating constantly, 1 C. of powdered sugar; then add very slowly 3 T. of sherry or Madeira wine, or, if preferred, substitute for the wine, $\frac{1}{3}$ t. of lemon extract

and $\frac{2}{3}$ t. vanilla. Pile lightly on a glass dish, and sprinkle with a slight grating of nutmeg. Add also nuts and citron.

DATE TORTE

Mrs. W. H. Stevenson

- | | |
|-----------------------|-------------------|
| 1 C. granulated sugar | 3 T. bread crumbs |
| 1 C. nut meats | 1 t. BP. |
| 1 C. dates | Pinch salt |
| 2 eggs | Pinch cinnamon |
| 3 T. flour | |

Bake slowly 1 hour in a buttered dish set in hot water. Serve cold.

MARCHIONESS PUDDING

Mrs. O. P. Rutledge

- | | |
|------------------------------------|---------------------|
| 1 pt. sweet cream | 1 envelope gelatine |
| $\frac{1}{4}$ can grated pineapple | Whites of 2 eggs |
| 1 C. powdered sugar | |

Soak gelatine in cold water to cover, add enough boiling water to dissolve. Beat cream until light, add sugar, few drops of vanilla and whites of eggs. Cool gelatine until luke warm and strain add to above and beat all the time. Then add pineapple.

MARSHMALLOW CHARLOTTE

Mrs. F. H. McClain

To $\frac{1}{2}$ lb. marshmallows (cut up), $\frac{1}{3}$ C. maraschino cherries (cut up), $\frac{1}{2}$ C. broken nut meats and 1 C. stiffly whipped cream. add 2 T. powdered sugar, 1 T. gelatine dissolved in 3 T. hot water and $\frac{1}{2}$ t. vanilla. Put in mold and chill. Served with sweetened whipped cream.

DATE PUDDING

Mrs. C. H. Pasley

1 C. Minute tapioca dissolved in $\frac{1}{2}$ C. cold water, stirring quickly. Then pour 3 C. boiling water over this and cook in double boiler until clear. Then stir in this $\frac{3}{4}$ C. brown sugar

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and 1 pkg. of Dromedary dates and cook about 20 minutes longer. Turn into molds and serve with whipped cream.

DATE PUDDING

Mrs. Geo. A. Blohm

- | | |
|----------------|----------------------------|
| 1 pkg. dates | 1 t. BP. |
| 1 C. sugar | 3 eggs broken in, one at a |
| 1 C. nut meats | time |
| 4 T. flour | |

Bake in shallow pan.

Dip

- | | |
|------------------|--------------|
| 1 C. sugar | 4 T. water |
| 4 to 5 T. butter | 1 t. vanilla |
| 1 egg | |

Heat, but do not boil.

DATE PUDDING

Mrs. I. E. Melhus

- | | |
|--|-----------------------|
| 1 C. dates (cut up) | 1 t. soda |
| Pour 1 C. hot water over dates and soda and let cool. Add: | |
| 1 C. sugar | $\frac{1}{4}$ t. salt |
| 1 T. butter | $\frac{1}{2}$ C. nuts |
| 1 egg | Flavoring |
| $1\frac{1}{2}$ C. flour | |

Bake or steam and serve with whipped cream.

DATE PUDDING

Mrs. R. S. Stephenson

- | | |
|---------------------------------|------------|
| $\frac{3}{4}$ C. powdered sugar | 2 eggs |
| $\frac{1}{4}$ C. walnuts | 2 T. flour |
| 1 C. dates | 1 t. BP. |

Mix flour, baking powder, dates and nuts, and add to sugar and egg mixture. Beat eggs separately. Bake in slow oven $\frac{1}{2}$ hour.

DATE PUDDING (STEAMED)

Mrs. W. H. Stevenson

Melt 3 T. butter add $\frac{1}{2}$ C. molasses and $\frac{1}{2}$ C. milk. Mix and sift $1\frac{2}{3}$ C. flour $\frac{1}{2}$ t. soda and $\frac{1}{4}$ t. each of salt, cloves, allspice and nutmeg. Add to the first mixture then add $\frac{1}{2}$ lb. dates. Turn into buttered mold, cover and steam $2\frac{1}{2}$ hours. Serve with Yellow Sauce.

Yellow Sauce

Yolk 1 egg
1 C. powdered sugar
1/2 C. melted butter
1 T. cold water
1 t. vanilla

Stir altogether and heat thoroughly. Do not cook.

DATE PUDDING

Mrs. C. F. Kooser

1 pkg. dates and
1 C. nuts, chopped
1 C. flour
1 1/2 C. sugar
3 eggs

Mix all together, bake in a slow oven. When done pour over
1 C. thin cream. Serve with whipped cream.

DATE PUDDING

Mrs. W. J. Schlick

2 eggs well beaten
1 C. sugar
1 lb. dates, stoned and cut
4 T. flour
1 t. BP.

Bake in pan of water. Add 1 C. thin cream when cold. Serve
with either thick or whipped cream.

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DATE PUDDING

Mrs. C. E. Maritz

- | | |
|------------|----------------|
| 1 C. flour | 1 pkg. dates |
| 1 C. sugar | 1 C. nut meats |
| 3 eggs | 2 T. BP. |

Beat yolks and sugar to a cream. Add flour sifted with baking powder, then dates and nuts and lastly the stiffly beaten whites. Bake in slow oven about 45 minutes.

DATE PUDDING

Mrs. C. E. Wygant

- | | |
|---------------------|---------------------|
| 1/2 lb. dates | Pinch of salt |
| 1/2 C. walnut meats | 1/4 C. sugar |
| 1/4 C. flour | 1 egg (well beaten) |
| 1/2 t. BP. | |

Mix all together, pour in buttered pan and bake about 20 minutes. Serve with whipped cream or rich cream.

DATE NUT PUDDING

Mrs. F. H. Waters

- | | |
|------------------|-------------------|
| 1/3 C. butter | 3 eggs |
| 1 C. sugar | 3 T. pastry flour |
| 1 C. dates (cut) | 1 t. BP. |
| 1 C. pecan meats | |

Cream butter, add sugar, beat until smooth. Add beaten eggs, dates, broken nut meats, flour to which baking powder has been added. Cook in slow oven over hot water 1 hour. Serve with whipped cream.

A SIMPLE DATE PUDDING

Mrs. Ralph B. Waite

- | | |
|----------------------------------|-----------------------------------|
| 12 graham crackers
(crumbled) | 1 pkg. dates (cut into bits) |
| 3 T. sugar | 1 C. nut meats (not
necessary) |
| 3 T. flour | 2 C. cold water |

Cook in double boiler. Cool, and serve with cream or whipped cream.

CHOCOLATE SAUCE

Mrs. F. P. Reed

- | | |
|-----------------|----------------------|
| 1 sq. chocolate | 1/3 C. boiling water |
| 1 T. butter | 1 C. sugar |
| 2 T. Karo syrup | 1/2 t. vanilla |

Melt chocolate over hot water, add butter, corn syrup and pour on gradually the water. Remove from over the hot water and bring to boiling point, add sugar and boil five minutes, cool slightly and add vanilla. This is excellent for a cake or ice cream sauce.

LEMON SAUCE

Mrs. C. G. Cole

$\frac{1}{2}$ C. sugar	2 T. butter
1 C. boiling water	$1\frac{1}{2}$ T. lemon juice
1 T. corn starch	$\frac{1}{4}$ t. nutmeg
Few grains of salt	

CHOCOLATE SAUCE FOR ICE CREAM

Mrs. S. A. Knapp

2 sq. chocolate	1 T. butter (heaping)
$1\frac{1}{2}$ C. boiling water	Flavoring
1 C. sugar	Salt
1 t. flour	

Mix well the flour, sugar and salt. Add the water and boil until smooth. Add chocolate and butter and boil until like thick cream. Serve either hot or cold over ice cream.

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FROZEN ANGEL FOOD

Mrs. C. T. Mentzer

Whites of 3 eggs, beaten stiff 1 qt. whipped cream
 $\frac{1}{2}$ C. of powdered sugar $1\frac{1}{2}$ t. vanilla

Beat eggs very stiff, fold in sugar and cream. Put in baking powder cans or coffee cans. Pack in ice or snow and salt. Let stand and freeze 2 hours. Fruit can be added, pineapple, cherries and nuts. Serves 24.

MAPLE MOUSSE

Lusena H. Engeldinger

1 C. maple syrup 1 pt. whipping cream
4 eggs

Beat yolks of eggs, add to the syrup and boil until quite thick—use double boiler. While the syrup is cooling, whip cream and whites of eggs until stiff, then add syrup and eggs. Put into mold, cover top with buttered cloth and put lid on tight. Pack in ice and salt and let stand 4 hours or longer.

ORANGE ICE

Mrs. Will Dodds

3 pts. milk 3 C. sugar
1 pt. cream

Freeze until mushy, add juice of 4 oranges and 2 lemons. Turn rapidly for a few minutes.

LEMON ICE

Mrs. F. H. Logsdon

2 lemons, (rind of 1, 1 qt. rich milk
 juice of 2) $\frac{1}{2}$ pt. of cream
 $1\frac{1}{2}$ or 2 C. of sugar, (ac- $\frac{1}{2}$ C. pecan meats
 cording to size of lemon)

Freeze sugar and lemon juice 20 minutes; add milk and nuts, freeze.

PINEAPPLE SHERBET

1 lemon 2 C. grated or crushed
2 C. water pineapple
3 C. sugar 2 egg whites

Boil water and sugar together for 5 minutes, add pineapple and juice from lemon and set aside to cool. When cool, freeze until stiff. Remove dasher and add the beaten whites of eggs. Beat well with spoon. Pack and stand aside to ripen. Makes about 2 qts.

LEMON SHERBERT

Mrs. H. R. Long

$\frac{1}{2}$ box Plymouth Rock gelatine dissolved in 1 C. of cold water. The juice of 6 lemons mixed with 3 large C. of sugar; add dissolved gelatine and mix well. Add $1\frac{1}{2}$ pts. of sweet cream, and then 1 qt. of morning's milk (cream and all). Mix well, then add 1 pt. of chopped pineapple and juice. Pour in freezer and fill within 3 inches of top with milk. If mixture curdles when cream is added, pay no attention to it.

LEMON VELVET

Mrs. T. J. Link

5 lemons	4 pts. milk
5 small C. sugar	1 pt. cream

Pack freezer, pour in milk and partly freeze. Mix sugar with lemon juice, add slowly to milk and stir briskly while adding. Cool cream, then add. Stir rapidly until frozen.

LEMON SHERBET

Mrs. R. D. Feldman

1 qt. cream	Strained juice of 5 lemons,
1 qt. milk	and 3 oranges
1 pt. of sugar	Whites of 4 eggs beaten to
Vanilla	a stiff froth

Chill fruit juice and sugar in freezer before adding the rest. Then freeze like ice cream.

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MISCELLANEOUS DESSERTS

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BAKED APPLES

Mrs. John M. Shaw

8 medium sized Jonathon apples 1 C. sugar
Cinnamon drops

Wash and core apples, place in baking dish, fill center of apple $\frac{1}{2}$ full of cinnamon drops, sprinkle sugar over all, fill baking dish $\frac{3}{4}$ full of water. Bake until tender, not mushy. Remove apples from the baking dish, add to the syrup $\frac{1}{2}$ C. sugar, boil until it jells then pour over apples.

DAINTY SPICED APPLES

Mrs. O. H. Cessna

Pare and core apples which do not cook to pieces. Quarter and drop into a boiling syrup of:

1 C. sugar $\frac{1}{4}$ t. cinnamon
 $\frac{1}{2}$ C. water

ICE BOX DESSERT

Soften one-half pound of sweet butter. When very creamy add gradually one cupful of sifted confectioner's sugar, stirring until thoroughly blended. Add yolks of six eggs, one at a time, beating mixture well after addition of each yolk. All the desired flavoring and then the whites of the eggs, beaten until stiff and dry.

Cover bottom and sides of large or individual molds with lady fingers and fill the remaining cavity with the above mixture or arrange in layers in loaf pan or brick mold.

Place in refrigerator for several hours. Garnish with a little unsweetened whipped cream.

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Stick whole cloves in apples before placing in syrup. When tender lift out with a spoon, carefully. If syrup is not thick enough, boil longer and pour over apples. Serve in dainty glass dishes with whipped cream or a meringue with cherry or nut meats.

APPLES SPANISH

Miss Alice Keenan

Wash and core 6 apples and boil slowly until skin can be easily removed. When peeled, dip each apple in $\frac{1}{2}$ C. of melted butter, then into 1 C. of sugar and lastly into some shredded cocoanut. Chop $\frac{1}{2}$ C. of dates and stoned raisins together and fill the place where core has been taken out. Bake in slow oven until sugar shines.

BAKED APPLES

Mrs. J. W. Latherow

6 cooking apples

1 C. brown sugar

Take out core and fill hole with red cinnamon candies. Bake in a moderate oven.

CRUMBLED TART

Mrs. J. E. Wright

2 eggs beaten separately

1 C. nuts (cut fine)

1 C. sugar

1 T. flour

1 C. dried dates

1 t. BP.

Beat egg yolks, add sugar, dates, nuts, flour with baking powder, then whites of eggs. Spread out in shallow pan, and bake 15 minutes in hot oven. Let stand until cold and serve with whipped cream.

CREAM PUFFS

Mrs. Roy McCurdy

1 C. hot water

$\frac{1}{2}$ C. butter

Boil together and while boiling stir in 1 C. dry flour. When cool, add 3 eggs not beaten, pinch salt, mix well and drop by tablespoons on buttered pans. Bake in quick oven 25 minutes.

Filling

$\frac{1}{2}$ C. sugar

1 egg

1 C. milk

3 T. flour

Open and fill when needed.

BLANC MANGE FLUFF

*Mrs. E. E. Sowers**White Part*

$\frac{1}{2}$ C. sugar $\frac{1}{8}$ t. salt
1 pt. milk 3 egg whites

Heat milk, sugar and salt to boiling point in double boiler; add cornstarch dissolved in a little cold milk. Cook till thickened. Then add egg whites beaten stiff. Beat till smooth. Pour into mold to cool.

Yellow Part

$\frac{1}{2}$ C. sugar 3 egg yolks
1 pt. milk 1 t. vanilla
 $\frac{1}{8}$ t. salt

Heat milk sugar and salt in double boiler to boiling point. Then add well beaten egg yolks and vanilla. Cook till it coats spoon. If cooked too long, it may curdle. Cool and pour over white part when ready to serve.

FRUIT CUP

Miss Alice Keenan

Take pieces of diced fruit and mix them together, using any combination desired; peaches, pineapple, grapes, cherries, bits of cantaloupe or melon (if in season), grapefruit, bananas, oranges are all good. A few raisins or currants always add to the flavor. Prepare the fruit and let stand in its own juice, chill, sweeten to taste and serve in sherbet glasses. This makes a delicious dessert, or may be used for an appetizer. Tiny bits of mint are desirable for flavoring. These add coloring also.

MAPLE TAPIOCA

Mrs. G. L. Caswell

1 pt. milk $\frac{1}{2}$ C. nut meats
1 egg 3 or 4 T. minute tapioca
 $\frac{3}{4}$ C. maple syrup

Heat milk, add tapioca, cook until clear, add beaten egg, return to fire for few minutes. When cold add maple syrup and chopped or cut nuts. Serve with whipped cream.

FRITTERS

Belle Rutherford

1 C. milk $1\frac{1}{2}$ t. BP.
 $1\frac{1}{2}$ C. flour 3 eggs

APPLE FRITTERS

Mrs. E. R. Smith

- | | |
|--------------------------|----------------------------|
| 1 C. sifted pastry flour | 1 egg beaten light |
| 1 t. BP. | $\frac{1}{4}$ C. milk |
| 1 t. powdered sugar | 2 apples, pared and cut in |
| $\frac{1}{4}$ t. salt | small pieces |

Sift together 3 times, flour, baking powder, sugar and salt. Add milk to beaten egg and stir in dry ingredients. Then stir in the bits of apple. Drop batter with piece of apple into fat by spoonfuls and let fry until delicately browned. Drain and cover with powdered sugar.

KRIMEL TORTER (DESSERT)

Mrs. G. L. Caswell

- | | |
|-----------------------------------|-------------------|
| $\frac{1}{2}$ lb. English walnuts | 6 T. bread crumbs |
| $\frac{1}{2}$ lb. dates | 1 T. BP. |
| $\frac{1}{2}$ lb. sugar | 6 eggs |

Cut up nuts and dates and use dry bread crumbs. Beat yolks and whites separately, adding whites last, bake in large flat pan in thin sheet. When cold pull to pieces, heap upon plate and serve with whipped cream.

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PRUNE WHIP

Mrs. H. D. Bergman

Take about 40 prunes. Stew in water and seed. Mash, then add $\frac{1}{2}$ C. sugar. Beat the whites of 4 eggs and add $\frac{1}{2}$ C. sugar. Beat egg whites and prunes together. Put in oven and brown. Custard for above: 2 C. milk and yolks of the 4 eggs. Beat and add $\frac{1}{2}$ C. sugar. Add 1 T. of corn starch. Heat milk, add corn-starch, then beat in eggs and sugar.

SHORT CAKE FOR TWO

Belle Rutherford

$\frac{2}{3}$ C. flour
 $1\frac{1}{2}$ t. BP.
 Little salt

1 T. sugar
 1 T. butter
 $\frac{1}{3}$ C. skimmed milk

WASHINGTON PIE

Mrs. A. H. Munn

$\frac{1}{3}$ C. butter
 1 C. sugar
 2 eggs
 $\frac{1}{2}$ t. salt

$1\frac{3}{4}$ C. flour
 $\frac{1}{2}$ C. milk
 $2\frac{1}{2}$ t. BP.

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Cream butter, add sugar gradually, and the eggs well beaten. Mix and sift flour and baking powder, add alternately with milk to the first mixture. Bake 30 minutes in layer cake pans. Put cream filling between the layers and sprinkle the top with powdered sugar.

Filling

1 pt. milk	1 egg well beaten
2/3 C. sugar	Vanilla
2 T. cornstarch	

Heat milk in a double boiler, add the corn starch, sugar and egg. Arrange maraschino cherries on top with powdered sugar.

STRAWBERRY SHORT CAKE

Mrs. Emil Skortman

2 C. flour	2 t. sugar
4 t. BP.	3/4 C. milk
1/2 t. salt	1/4 C. butter, melted

Mix dry ingredients and sift twice. Work in butter and add milk gradually. Toss on a floured board and divide in two parts. Roll out and place in buttered pans and bake 12 minutes.

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AMES, IOWA

PASTRY

*"What moistens the lip, and what brightens the eye;
What brings back the past like the rich pumpkin pie?"*

In making pastry, everything should be kept as cool as possible.

If shortening is soft, the crust will be heavy and solid.

PIE CRUST

Mrs. Harry Brown

1½ C. flour	¼ C. water
½ C. shortening	Pinch of salt

When measuring the shortening, first fill the cup with ½ C. water.

NEVER FAIL PIE CRUST

Mrs. Thomas F. Crocker

1 C. lard (½ of 1 lb. carton)	3¼ C. sifted flour
	1 t. salt

Cut through thoroughly with 2 knives or a fork. Add ½ C. water, mixing well. This makes two double crust pies and a single one. The mixture will keep a week in tightly covered bowl in ice box.

BOILING WATER PIE CRUST

Mrs. R. E. Braun

Put 1 C. shortening in bowl. Pour over ½ C. boiling water and beat until creamy. Add 3 C. flour, ½ t. baking powder and ½ t. salt. Enough for two covered pies.

APPLE TART

Mrs. C. E. Maritz

Line a pie tin with rich pie crust, fill it with quartered apples, pour over them 1 C. of rich cream, 1 C. of brown sugar, sprinkling of cinnamon, flour and little dots of butter. Bake in very slow oven until apples are done.

BANANA PIE

Mrs. J. B. Spiegel

4 diced bananas	½ C. powdered sugar
Saute with lemon juice	

Mix with whipped cream and fill baked pie shell. Serve at once. Makes a large pie.

BANANA PIE

Mrs. O. P. Rutledge

- | | |
|-------------------------------------|------------------------|
| 2 egg yolks | $\frac{1}{2}$ C. sugar |
| Butter size of small English walnut | 1 T. corn starch |

Scald $1\frac{1}{2}$ C. milk before adding rest. Bake crust, slice bananas over bottom. Beat whites of 2 eggs, add 1 T. sugar, spread over top. Brown lightly.

BURNT SUGAR PIE

Mrs. Maude D. Kirby

- | | |
|----------------------------------|----------------------------------|
| 1 C. sugar, burn half | 2 eggs—saves whites for meringue |
| 2 T. flour, mix in rest of sugar | 1 T. butter |
| 2 C. milk | 1 T. vanilla |

BITTER SWEET PIE

Mrs. Geo. A. Holt

- | | |
|------------------------------|--------------------------------|
| 1 C. sugar | $1\frac{1}{2}$ C. scalded milk |
| $3\frac{1}{2}$ T. flour | $\frac{1}{2}$ C. cocoa |
| $3\frac{1}{2}$ T. cornstarch | 2 eggs, beaten |
| $\frac{1}{4}$ t. salt | 1 t. vanilla |

Cook in double boiler till smooth, pour in a baked crust, serve very cold, covered with whipped cream and sprinkled with shaved bitter chocolate.

BUTTER SCOTCH PIE FILLING

Mrs. John Campbell

- | | |
|-----------------------|------------------------------|
| 1 C. dark brown sugar | $1\frac{1}{4}$ C. sweet milk |
| 2 T. butter | $\frac{1}{4}$ C. flour |
| 2 egg yolks | 1 t. vanilla |
| $\frac{1}{8}$ t. salt | |

Cook in double boiler and use white of eggs for meringue. Brown in oven.

BUTTER SCOTCH PIE

Mrs. L. R. Morris

- | | |
|-----------------------|------------------------|
| 1 C. dark brown sugar | $1\frac{2}{3}$ C. milk |
| 3 T. flour | 2 T. butter |
| $\frac{1}{4}$ t. salt | 1 t. vanilla |
| 3 egg yolks | |

Mix the sugar, flour and salt and add the egg yolks, mixed with the milk. Mix carefully and cook in a double boiler, until mixture is thick and creamy. Add butter and vanilla. Beat

for 2 minutes. Pour into a baked shell, cover with a meringue and brown in a moderate oven.

Mrs. E. L. Miller adds 1 C. of water in place of the milk in this recipe.

BUTTER SCOTCH PIE FILLING

Mrs. Doty

Mix one C. of brown sugar and $1\frac{1}{2}$ T. flour, add $1\frac{1}{2}$ C. boiling water, add yolks of 2 eggs beaten, 1 T. butter. Just before taking off stove add t. of vanilla. Reserve whites for top. Brown in oven.

CHESS PIE

Mrs. W. E. Burton

Make pie crust and put in gem pans for individual pies. For the filling to be put into the raw crust mix together.

1 C. sugar

Yolks 3 eggs

$\frac{1}{2}$ C. butter

Cook 1 C. of raisins and add them to the above mixture with 1 T. or so of juice of raisins and also add $\frac{1}{2}$ C. English walnuts. Fill the crust and bake. Cover with whipped cream.

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CHERRY PIE (ONE PIE)

Mrs. J. E. Wright

Bake a crust as for lemon pie. Drain juice off of 1 pint of cherries, add a little water and sugar to sweeten. Thicken with corn starch. When cooked clear, add the cherries and $\frac{3}{4}$ C. cocoanut. Pour in shell and let stand until cold, and serve with whipped cream.

COCOANUT PIE

Mrs. C. H. Pasley

- | | |
|------------------------|----------------------------------|
| 1 pt. milk | 2 T. corn starch |
| $\frac{1}{2}$ C. sugar | $\frac{1}{2}$ C. grated cocoanut |
| 2 egg yolks | Pinch of salt |

Heat milk, sugar and cocoanut together. When almost boiling add other ingredients and stir until thick. Add 1 t. vanilla. Pour into previously baked crust. Beat whites of eggs light, beat in a little sugar, sprinkle with cocoanut and brown lightly.

CRUMB PIE

Mrs. C. E. Maritz

- | | |
|----------------|---------------|
| 4 C. of flour | 1 C. of sugar |
| 1 C. of butter | |

Mix together and make crumbs. Add 1 C. molasses, 1 C. of milk and 1 t. of soda. Dissolve soda in boiling water and then pour in molasses. Line a pie tin with rich crust and alternate crumbs and liquid mixture. Bake in slow oven. This makes 2 pies.

CREAM PIE

Mrs. Alvin Lewis

- | | |
|------------------------|--------------------|
| 2 C. milk | 1 T. butter |
| $\frac{3}{4}$ C. sugar | 1 heaping T. flour |
| Yolks of 2 eggs | |

Pour scalding milk over and cook, put in crust already baked. Use whites of eggs for top. One large pie.

CHOCOLATE PIE FILLING

Mrs. C. Sorenson

- | | |
|------------------|--------------------------|
| 1 small C. sugar | $\frac{1}{4}$ t. salt |
| 2 egg yolks | $\frac{1}{2}$ t. vanilla |
| 3 T. flour | 1 pt. boiling water |
| 3 T. cocoa | |

Mix all ingredients together. Add $\frac{1}{4}$ C. water to egg yolks before adding sugar. Beat until smooth then add slowly 1 pt.

boiling water. Let cook a few minutes, pour in baked crust, cover the top with the whites of the 2 eggs beaten stiff and slightly sweetened.

CREAM PIE

Mrs. F. D. Paine

2 T. corn starch	Yolks of 3 eggs
2 C. sweet milk	Pinch of salt
½ C. sugar	

Stir up corn starch with a little milk, add eggs, well beaten, sugar and salt, stir all into boiling milk, stirring constantly, flavor with 1 T. vanilla and pour into a baked pie shell. Cover with meringue.

Meringue

3 egg whites	4 T. sugar
--------------	------------

Beat the egg whites until very stiff. Add slowly the sugar and beat 1 full minute to avoid toughness. Pile on top of pie filling and bake in a moderate oven for 10 minutes.

LEMON PIE

Mrs. Fred Davis

1½ C. boiling water	1 C. sugar
1 lemon grated, rind and juice	2 T. corn starch
	Yolks of 2 eggs

Boil until thick. Put into a baked crust and frost with the whites of 2 eggs beaten stiff to which add 2 T. of sugar.

ALLEGRETTI CREAM PIE

Mrs. H. D. Bergman

1 pt. milk	½ t. butter
1 C. sugar	Pinch of salt

Let come to boil, then stir in beaten yolks of 3 eggs, 2 t. of flour, creamed with part of sugar. Add vanilla. Pour into baked crust, sprinkle over ¼ cake of grated Baker's chocolate. Cover with meringue. Brown and serve cold.

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ANGEL LEMON PIE

Reba Edwards, Wailukee, Maui, Hawaii

Juice and grated rind of 1 lemon, 3 T. water, $\frac{1}{2}$ C. sugar, 3 egg yolks well beaten, combine ingredients and cook until they boil. Beat 3 egg whites and add $\frac{1}{2}$ C. sugar. Beat very stiff. Fold hot custard well into and pour into crust. Place on top grate of oven until brown.

LEMON PIE

Mrs. J. L. Crosby

- | | |
|-------------|---------------------------|
| 3 egg yolks | 1 lemon, juice and grated |
| 1 C. sugar | rind |

Beat all together and cook in double boiler—beat while cooking, until light and looks done. Then fold in whites of the 3 eggs, well beaten and pour in baked crust and brown in oven. Makes a large pie.

LEMON PIE FILLING

Mrs. C. W. Akin

- | | |
|----------------|-------------------------------|
| 2 egg yolks | 1 large lemon |
| 1 C. of sugar | 1 C. of boiling water |
| 1 T. of flour | Whites of eggs for top of pie |
| 1 T. of butter | |

Add sugar, flour and the grated rind of lemon to the egg yolks. Add juice of lemon and mix thoroughly, then add hot water, cook in double boiler until thick, add butter, cool and bake in rich pie crust.

LEMON PIE

Mrs. L. L. Clement

- | | |
|---------------------------|--|
| 1 C. soft bread crumbs | |
| 1 large T. butter | $1\frac{1}{2}$ t. corn starch stirred into |
| 1 C. boiling water | 1 C. sugar |
| Juice and rind of 1 lemon | Yolks of 3 eggs |

Pour boiling water over bread crumbs and butter. Cook in double boiler until thick, then pour into baked crust. Cover with stiffly beaten egg whites to which 3 or 4 T. of sugar have been added and brown quickly.

ORANGE PIE FILLING

Mrs. W. A. Thompson

- | | |
|------------------------|----------------------|
| 1 C. sugar | 1 C. orange juice |
| $\frac{1}{4}$ t. salt | Juice of small lemon |
| 1 good big orange | 2 T. butter |
| $\frac{1}{3}$ C. flour | 3 egg yolks |

Mix sugar, flour, salt and grated rind. Add juice and cook in double boiler until thick. Add butter and egg yolks beaten lightly. Cook 2 minutes. Cool. Put in baked crust. Cover with meringue and brown.

SOUR CREAM PIE

Mrs. A. T. Erwin

- | | |
|-----------------|---------------------------|
| 1 C. sugar | $\frac{1}{2}$ C. raisins |
| 1 C. sour cream | $\frac{1}{2}$ t. cinnamon |
| 3 egg yolks | $\frac{1}{4}$ t. cloves |
| 1 egg white | |

Use remaining 2 egg whites for meringue.

SOUR CREAM PIE

Mrs. G. L. Caswell

- | | |
|-------------------------|---------------------------|
| 1 C. thick sour cream | $\frac{1}{2}$ t. cinnamon |
| 1 egg | 1 C. sugar |
| $\frac{1}{2}$ t. cloves | 1 C. raisins (chopped) |
| $\frac{1}{2}$ t. nutmeg | 1 t. vinegar |
| $\frac{1}{2}$ t. salt | |

Bake with 2 crusts.

SOUR CREAM PIE

Mrs. H. O. Hickock

- | | |
|-----------------------|---------------------------|
| 1 C. thick sour cream | 1 C. raisins (chopped) |
| 1 egg | $\frac{1}{2}$ t. cinnamon |
| 1 C. sugar | $\frac{1}{2}$ t. cloves |
| 1 t. vinegar | Nutmeg and a little salt |

Bake in 2 crusts.

SNOW PUDDING PIE

Mrs. C. W. Stafford

- | | |
|-----------------|---------------------|
| 1 C. sugar | 1 pt. boiling water |
| 2 T. cornstarch | |

Cook until thick. Cool, add stiffly beaten whites of 2 eggs, and 1 t. vanilla. Put in baked pie crust. Cover with whipped cream and pecan nut meats.

PUMPKIN PIE

Mrs. O. E. Wilson

- | | |
|-----------------------------------|-----------------------|
| 1 C. pumpkin | 2 eggs |
| 2 C. sweet milk | 4 T. sugar |
| $\frac{1}{2}$ C. broken nut meats | $\frac{1}{8}$ t. salt |
| $\frac{1}{2}$ t. allspice | |

Stir pumpkin, sugar, allspice and salt together, then the beaten eggs, place the milk on the fire. When scalding hot pour slowly in above mixture and stir rapidly. Then add broken nut meats, bake crust for 10 minutes. Then pour above mixture into crust and return to oven and bake until liquid is firm.

FILLING FOR CREAM RAISIN PIE

Mrs. Walter Morris

- | | |
|-------------------|------------------|
| 1 C. raisins | 4 T. sugar |
| 1½ C. sweet cream | 1½ T. cornstarch |

RAISIN PIE

Mrs. T. J. Link

- | | |
|--------------------|------------------------|
| 2 C. boiling water | ¼ C. strong vinegar or |
| 1½ C. raisins | lemon juice |

Mix 2 t. cinnamon and 1 T. flour with 2 C. sugar, then add to above, after which add butter size of a walnut and 1 well beaten egg. Stir briskly until it thickens, then add ½ C. bread or cracker crumbs.

RAISIN PIE

Mrs. C. G. Hauge

- | | |
|------------|-----------------|
| 1 egg | 1 T. flour |
| 1 lemon | 1 t. cornstarch |
| 1 C. sugar | ½ C. raisins |

Select large soft raisins and seed them. Soak in 1 C. water 2 hours. Beat egg until light, with sugar, add strained juice and grated rind of 1 lemon, flour and cornstarch. Add raisins and water in which they have been soaking and cook until mixture thickens. Cool and bake in 2 crusts.

RHUBARB CUSTARD PIE

Mrs. Alvin Lewis

Pour boiling water over 2 C. of rhubarb, cut in small pieces, after 4 or 5 minutes, drain off the water. Mix with rhubarb, 1 C. of sugar, 1 t. of butter, 1 T. of flour, the beaten yolk of 1 egg and 3 T. of cold water. Stir all together and turn into pan lined with pastry. Bake in slow oven as for ordinary custards. Use the white of the egg for meringue. Sufficient for 1 large pie.

PEACH PIE

Bake in 1 crust. Pare the peaches and cut in half or use canned peaches, then take ½ C. cream, ½ C. sugar, 1 t. flour, stir together, pour over peaches and bake.

PINEAPPLE PIE FILLING

Mrs. G. B. MacDonald

- | | |
|-----------------------|-----------------------|
| 2 C. grated pineapple | $\frac{1}{2}$ t. salt |
| 6 T. cornstarch | 1 C. sugar |
| 2 T. water | |

Mix dry ingredients, then liquids and cook in double boiler, stirring occasionally for 20 minutes. Add:

- | | |
|--------------------------|-------------|
| 1 T. lemon juice | 1 T. butter |
| $\frac{1}{2}$ t. vanilla | |

Beat all together for 1 minute. Pour into baked pie crust. Serve cold with whipped cream.

PINEAPPLE MERINGUE PIE

Mrs. Harrie Davis and Mrs. R. S. Stephenson

Mix $\frac{1}{2}$ C. sugar, $\frac{1}{8}$ t. salt and 2 T. cornstarch and slowly add $1\frac{1}{2}$ C. hot milk. Cook in double boiler until thick (about 40 minutes). Pour onto 2 egg yolks, return to boiler and cook until eggs thicken (about 3 minutes). Cool and add 1 C. well-drained crushed or grated pineapple and $\frac{1}{2}$ t. vanilla. Pour into a baked crust and cover with meringue made of 2 stiffly beaten egg whites and 2 to 4 T. powdered sugar. Brown quickly in a hot oven.

PUMPKIN PIE

Mrs. Harry Brown

- | | |
|--------------------------|-----------------------|
| 2 eggs | 1 small C. sugar |
| 1 large C. pumpkin | 1 large C. rich milk |
| 1 t. cinnamon and ginger | $\frac{1}{4}$ t. salt |

PUMPKIN PIE

Mrs. J. W. Latherow

- | | |
|---|-------------------------|
| $1\frac{1}{2}$ C. strained cooked pumpkin | $\frac{1}{4}$ t. cloves |
| 1 C. brown sugar | $\frac{1}{2}$ t. nutmeg |
| $1\frac{1}{2}$ C. milk | $\frac{1}{2}$ t. ginger |
| 2 eggs | $\frac{1}{2}$ t. mace |
| 1 t. cinnamon | $\frac{1}{2}$ t. salt |

Pour in an unbaked pie shell and bake in a moderate oven.

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PUMPKIN PIE

Mrs. T. J. Link

- | | |
|--------------------------|---------------|
| 1 pt. pumpkin strained | 1 t. salt |
| and hot but not scalding | 1 t. ginger |
| 1 qt. scalding rich milk | 1 T. cinnamon |
| 1½ C. sugar | 1 T. flour |
| 4 eggs | |

Mix sugar, flour and spices dry. Then mix with beaten eggs, then stir in with pumpkin and add hot milk last. Bake at once in rich crust.

PUMPKIN PIE

Mrs. E. A. Pattengill

- | | |
|---------------|---------------|
| 1½ C. pumpkin | ½ t. cloves |
| 1½ C. milk | ½ t. nutmeg |
| 3 eggs | ½ t. cinnamon |
| 1 C. sugar | ½ t. ginger |

WHIPPED CREAM PIE

Mrs. George A. Holt

- | | |
|-----------------|-----------------------|
| 1 pt. milk | ½ C. sugar |
| 2 T. cornstarch | Butter size of walnut |

Cook in double boiler till creamy, then whip in 2 well beaten egg whites and 1 t. vanilla. Pour into a baked crust and serve very cold covered with ½ pt. cream whipped, sweetened and flavored slightly with vanilla.

RAISIN TARTS

Mrs. J. W. Woodrow

- | | |
|----------------------|------------------|
| 1 lb. seeded raisins | 2 T. lemon juice |
| ¼ C. sugar | |

Add a little water and cook together slowly for at least 20 minutes. Cool. Make a rich pie crust, cut it in squares and bake in gem pans, pinking the corners of crust to make 4 points. When cool fill with the raisin mixture and serve with whipped cream.

MOCK MINCE MEAT

Mrs. H. S. Hardy

- | | |
|-------------------------|---------------|
| 1 pk. green tomatoes | 2 T. cinnamon |
| ¾ pk. chopped apples | 1 T. cloves |
| 3 lb. light brown sugar | 1 T. nutmeg |
| 1½ C. chopped suet | 2 lb. raisins |
| 1 C. vinegar | |

Chop and drain tomatoes, place in kettle, add 2 T. salt, cover with hot water and let come to boil then drain. Repeat 3 times. Add other ingredients and cook until apples are done, stir frequently. Seal air tight.

MERINGUE FOR SOFT PIES

Mrs. O. E. Wilson

To the white of one egg, add 1 T. of cold water and a pinch of salt. Beat stiff. Spread on pie and sprinkle with powdered sugar and return to oven to brown meringue.

GREEN TOMATO MINCE MEAT

Mrs. A. F. Reis

- | | |
|-----------------------|-----------------------------|
| 1 pk. green tomatoes | 1 C. vinegar |
| 5 lbs. sugar | 1 lemon |
| 2 T. salt | 2 t. each of cloves, cinna- |
| 2 lbs. seeded raisins | mon, and allspice |
| 1 C. suet | 1 grated nutmeg |

Chop tomatoes, drain and scald twice by covering with boiling water and allowing to get cold. Drain. Put in a kettle with sugar, salt, raisins chopped, and suet chopped (or put through grinder). Cook till tender. When cool add vinegar, lemon juice and spice. Put in cool place.

GREEN TOMATO MINCE MEAT

Mrs. H. R. Long

1 pk. green tomatoes, chopped fine; chop tart apples and after chopping measure out $\frac{1}{3}$ as much apple as you have tomatoes; drain the tomatoes and add $\frac{1}{2}$ as much water as you had of juice that was drained off; add 5 lbs. brown sugar, (or white sugar may be used). 2 t. cinnamon, 2 t. cloves, 2 t. salt; chop coarsely 2 lbs. seedless raisins and 1 lb. of currants and add to mixture. Lastly add $1\frac{1}{2}$ C. vinegar. Boil till thick and can hot.

MINCE MEAT

Mrs. Roy McCurdy

- | | |
|-----------------|--------------------------|
| 2 lbs. beef and | 2 lbs. light brown sugar |
|-----------------|--------------------------|

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RIBBONS

- | | |
|-----------------------------|-----------------------|
| 2 lbs. suet and | 2 C. granulated sugar |
| 6 lbs. apples, all chopped | 3 t. cinnamon |
| 3 lbs. raisins (seedless) | 1½ t. cloves |
| 1 lb. currants (or ½ and ½) | 1½ t. nutmeg |

Add molasses, vinegar, water, salt to taste. Fruit or sweet pickle juices may be added. Cook well and seal while hot.

MOTHER'S MINCE MEAT

Mrs. Geo. Graves

- | | |
|-----------------------------|----------------|
| 2 bowls meat (chopped fine) | 1 bowl vinegar |
| 1 bowl suet (chopped fine) | 1 bowl water |
| 3 bowls apples (chopped) | 1 t. nutmeg |
| 2 bowls raisins | 2 T. cinnamon |
| 1 bowl currants | 1 T. cloves |
| 1 bowl sugar | Salt to taste |
| 1 bowl molasses | |

Any juices may be used from canned fruits or sweet pickles. Cook until quite thick.

MINCE MEAT

Mrs. Ed V. Jackson

- | | |
|----------------------------|---------------|
| 4 lbs. lean meat (chopped) | 2 t. cinnamon |
| 8 lbs. apples (chopped) | 1 t. allspice |
| 3 lbs. suet (chopped) | 1 t. cloves |
| 2 lbs. raisins | 2 t. nutmeg |
| 2 lbs. English walnuts | 1 lemon |
| 6 lbs. brown sugar | 2 lbs. citron |

Moisten with boiled cider. Heat thoroughly and seal in jars.

MINCE MEAT

Mrs. E. B. Bush

Cook slowly, 6 or 7 lbs. of beef neck. Simmer down until very little water is left. Let stand in juice until cold.

- | | |
|-----------------------------|------------------------------|
| 3 qts. chopped meat | Grated rind and juice of |
| 5 qts. chopped apples | 3 lemons |
| 1 qt. chopped suet | 1 lb. citron (not too fine) |
| 2 pkgs. raisin | ½ lb. candied orange peel |
| 1 pkg. currants | ½ lb. candied lemon peel |
| 1 pt. vinegar | 2 T. cinnamon |
| 2 qts. brown sugar | 1 T. cloves |
| 1 qt. molasses | 1 T. allspice |
| 1 glass of jelly (any kind) | 1 qt. jar sweet pickle juice |
| Do not cook, | |

RAISIN PUFFS

Mrs. Waters and Mrs. P. F. Houghan

- | | |
|---------------|---------------------------|
| 2 T. sugar | 2 C. flour |
| 2 eggs | 3 T. BP. |
| 1/2 C. butter | 1 C. raisins chopped fine |
| 1 C. milk | |

Steam half an hour in small cups. Serve with sauce.

COCOANUT PUFFS

Mildred Dodds

To 3 egg whites beaten stiff, add slowly 1 C. sugar and 1 t. cornstarch. Place in top of double boiler and cook 15 minutes, stirring constantly. Add 2 C. shredded cocoanut. Drop by teaspoonfuls onto greased paper or pan and brown in hot oven. Makes about 20.

COCOANUT KISSES

Mrs. A. H. Munn and Mrs. C. E. Maritz

- | | |
|--------------|------------------------|
| 2/3 C. sugar | Pour over 3 egg whites |
| 1/3 C. water | 1/2 lb. cocoanut |

Boil to thread

Drop on buttered tins and bake in a moderate oven.

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MACAROONS

Mrs. J. H. Ainsworth

- | | |
|-----------------------------|------------------|
| 1 C. sugar | 1 C. cocoanut |
| 4 to 6 soda crackers | Almond flavoring |
| 3 egg whites (beaten stiff) | |
- Bake in a slow oven.

PEANUT MACAROONS

Mrs. W. H. Stevenson

Beat 2 egg whites stiff and dry. Add 1 C. powdered sugar, $\frac{1}{4}$ C. pastry flour, $\frac{1}{4}$ t. salt, and 1 C. coarsely chopped peanuts. Drop into a liberally greased pan. Bake in a quick oven 10 minutes. Space 3 inches as they spread. Makes 18 cakes.

ORANGE DIAMONDS

Mrs. G. W. Snedecor

- | | |
|-------------------------|------------------|
| $\frac{1}{2}$ C. butter | 2 level C. flour |
| 1 C. sugar | 2 level t. BP. |
| 2 eggs | 1 pinch of salt |
| 2 orange rinds, grated | |

Beat butter and sugar to a cream, add egg well beaten, grated rind of orange, flour sifted with baking powder and salt. Turn out onto floured board. Cut out with a diamond shaped cutter, lay on greased tins and bake in a moderate oven.

HARD TACK

Mrs. L. H. Willson

- | | |
|------------------------|--------------------|
| 1 C. sugar | 1 C. chopped dates |
| $\frac{3}{4}$ C. flour | Pinch of BP. |
| 1 C. English walnuts | |

Mix well. Add 2 well beaten eggs with a little salt. Spread on buttered tins and bake 20 minutes in medium oven. Let cool, cut in strips, roll in powdered sugar.

WATERMELON COOKIES

Mrs. W. H. Stevenson

- | | |
|-----------------------------|--------------------------------|
| $\frac{1}{2}$ C. butter | $\frac{1}{4}$ t. sifted soda |
| 1 C. sugar | $2\frac{1}{2}$ C. sifted flour |
| 1 egg, beaten light | $3\frac{1}{2}$ level t. BP. |
| $\frac{1}{2}$ C. sour cream | |

Mix as for other cookies, then add 2 cups watermelon pickles, chopped and well drained. Drop from spoon onto tins.

SOUR CREAM JUMBLES (SOFT)

Mrs. Howard Adams

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ t. soda
1 C. sour cream	$\frac{1}{2}$ t. BP.
1 C. sugar	1 t. vanilla
1 egg	2 C. flour
$\frac{1}{4}$ t. salt	

Cream butter and sugar; add well beaten egg; sift the flour, soda, salt and baking powder. Add to the egg and sugar mixture and then stir in 1 C. sour cream. Drop from spoon on buttered baking sheet and bake in slow oven. If a little sugar is sprinkled over top of cakes just before they are put in the oven, it will give them a delicious sugary surface. 1 C. of nut meats and $\frac{1}{2}$ C. raisins, also a little nutmeg improves the cakes.

ORANGE JUMBLES

Mrs. J. H. Ainsworth

Cream $\frac{1}{2}$ C. shortening, gradually add 1 C. sugar, 2 T. orange juice, grated rind of 1 orange, 1 whole egg and a yolk beaten light. Sift together $2\frac{1}{2}$ C. flour, 2 T. baking powder and $\frac{1}{4}$ t. salt. Add the sifted ingredients to the butter mixture. Knead slightly and roll into a thin sheet, cut out with a doughnut cutter, brush over with white of egg and decorate with "hundreds and thousands" of candies. Bake in quick oven.

MERINGUES

Mrs. W. H. Stevenson

Whites of 6 eggs beaten stiff 2 C. granulated sugar
 with Dover beater 2 T. vinegar
 Beat 20 minutes. Grease pans liberally. Bake 40 to 45 minutes in a slow oven. This recipe makes 12 meringues.

CHOCOLATE PUFFS

Mrs. W. H. Stevenson

2 egg whites beaten stiff	2 T. cornstarch
2 C. powdered sugar	$\frac{1}{8}$ t. salt
3 T. cocoa	

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Beat eggs stiff, add other ingredients and drop on liberally greased pans rather far apart. Bake 20 minutes in moderate oven. This recipe makes 18 puffs.

COCOANUT PUFFS

Mrs. W. H. Stevenson

Whites of 2 eggs beaten stiff	1 T. flour
1 C. powdered sugar	2 C. cocoanut
1 T. cornstarch	

Drop from spoon on buttered tins and bake in a quick oven. This recipe makes 2 doz. puffs.

DATE BARS

Mrs. Jennie McElyea Beyers

3 egg yolks, beaten	1 C. sugar
1 pkg. dates	1 C. chopped walnuts
1 C. flour	1 t. BP.
1/2 t. salt	3 egg whites, stiff

Bake 1/2 inch thick. Cool. Cut in sticks 3 inches by 1 inch. When ready to serve, roll in powdered sugar.

DATE COOKIES

Bess L. Walsh

3 C. oatmeal, before ground	2 eggs
1 C. lard and butter	1 t. soda
1 1/2 C. sugar	A little nutmeg
3/4 C. sour milk	Flour to make soft dough

Roll out quite thin.

Filling

2 lbs. dates, stoned	1 C. sugar
----------------------	------------

Add enough water to make quite moist but not runny. Cook until smooth, put in between 2 cookies.

DATE COOKIES

Mrs. A. T. Erwin

1 C. shortening	2 t. BP. (heaping)
1 C. sugar	3 C. flour
2 eggs	2 t. vanilla

Boil until thick the following:

1 lb. dates	1 C. water, then add
1 C. sugar	1 C. nuts

Spread this last mixture between cookies and bake.

SOFT JUMBLES

Mrs. Abraham Liddle

- | | |
|---------------------------|------------|
| 2 C. sugar | 2 eggs |
| 1 C. butter or sour cream | 4 C. flour |
| 1/2 C. sour cream | 1 t. soda |
| Nutmeg | |

Roll out thin, powder with sugar, cut in strips and lay in circle.

JUMBLES (REAL OLD RECIPE)

Edna Brown

- | | |
|--------------|----------------------|
| 1 C. butter | 1/2 t. soda |
| 2 C. sugar | 1 t. cream of tartar |
| 3 eggs | 1 t. vanilla |
| 1/2 C. cream | 3 C. flour |

Drop on baking sheet and sprinkle with granulated sugar.
Bake.

OATMEAL ROCKS

Mrs. Will Dodds

- | | |
|----------------|---------------------------------|
| 2 1/4 C. flour | 2 1/2 C. oatmeal |
| 1 C. sugar | 1 C. butter or substitute |
| 2 eggs | 1/2 C. sour milk, raisins, nuts |
| 1 t. soda | |

Flavor to suit. Drop by spoonfuls on baking sheet and bake in quick oven.

OATMEAL COOKIES

Mrs. H. R. Long

- | | |
|---------------------|----------------------|
| 2 C. brown sugar | 4 C. oatmeal |
| 1 1/2 C. shortening | 1 t. soda |
| 4 eggs | 1 lb. seeded raisins |
| 4 C. flour | |

Roll and cut. Frost.

E. C. SAWYER

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OATMEAL DROP COOKIES

Mrs. D. C. Faber

2/3 C. shortening	1/2 t. salt
1 C. brown sugar	1 t. soda
2 eggs well beaten	2 t. cinnamon
3/4 C. milk	1/2 t. cloves
2 C. flour	1 C. raisins
1/2 C. chopped nuts	2 C. raw oatmeal

Cream fat and add sugar and beaten eggs. Add milk, flour, salt, soda and spices. Add raisins and the oatmeal and nuts. Drop from a teaspoon upon greased pans. Bake in a moderate oven for 15 minutes. Makes 4 dozen.

INDIAN DATE COOKIES

Mrs. G. E. McFarland

Scald 1 C. of sweet milk and into it stir 1 C. of sifted corn meal. While this is cooling, cream 1/2 C. of sugar with 1/2 C. of butter or substitute. Add this to the corn meal mixture, then stir in 1 C. of flour into which has been sifted 2 t. baking powder. Add 1 doz. pitted and chopped dates. The batter will be quite soft. Roll out as thin as possible and cut into rounds. Bake in moderate oven about 15 minutes.

FILLED DATE COOKIES

Mrs. G. C. Roberts

1 C. sugar	1 t. soda
2 C. flour	1 C. shortening
2 C. oatmeal	1/2 C. sour milk

Put all together and mix as pie dough. Roll thin, cut with cookie cutter. Place in pan, add filling. Place other half and press edges together.

Filling

1 lb. dates	3/4 C. water
3/4 C. sugar	

Cook slowly until it thickens, then add 3/4 C. nuts.

FUDGE SQUARES

Mildred Dodds

2 sq. chocolate	1/2 t. salt
1/2 C. butter	1/2 t. BP.
3 eggs	1 C. chopped nuts
1 C. sugar	1 t. vanilla
3/4 C. bread flour	

Melt chocolate over hot water, add butter and stir until butter is melted, remove from fire and set aside, sift flour, salt and baking powder; beat eggs and gradually add sugar, add other dry ingredients, nuts, vanilla and chocolate. Spread in shallow pan one inch thick. Bake in moderate oven 15 to 20 minutes. Cut in 2 inch squares and frost entire square with chocolate frosting.

DATE STICKS

Mrs. W. H. Stultz

- | | |
|-----------------------------------|--------------|
| 2 eggs | 1 C. flour |
| 1 $\frac{1}{4}$ C. powdered sugar | 1 t. BP. |
| 1 C. nuts, cut fine | 1 t. vanilla |

OATMEAL WAFERS

Mrs. C. E. Maritz

- | | |
|--|----------------------------|
| 1 C. sugar | 2 $\frac{1}{2}$ C. oatmeal |
| $\frac{3}{4}$ C. butter and lard (mixed) | 1 t. soda |
| $\frac{3}{4}$ C. sour milk | $\frac{1}{2}$ t. salt |

Add flour enough to roll smooth and very thin. Cut into squares and bake brown in a quick oven.

OATMEAL COOKIES

Mrs. L. W. Forman

- | | |
|--------------------------|--------------------------|
| 1 $\frac{1}{2}$ C. sugar | 2 $\frac{1}{2}$ C. flour |
| 1 C. shortening | Nutmeg |
| 10 T. sweet milk | 1 t. soda |
| 2 eggs | 1 t. BP. |
| 2 C. oatmeal | |

Drop on buttered pans and bake.

OATMEAL COOKIES

Mrs. W. J. Schlick

- | | |
|-----------------------|-------------------------|
| 2 C. oatmeal | $\frac{1}{2}$ C. butter |
| $\frac{1}{2}$ C. lard | |

Cook 10 minutes over moderate heat. Add raisins while mixture is hot, then cool slightly before adding to other mixture.

- | | |
|-------------------|---------------------------|
| 2 eggs | 1 level t. soda |
| 1 C. sugar | $\frac{1}{2}$ lb. raisins |
| 5 T. milk (sweet) | Pinch of salt |
| 2 C. flour | |

Drop from spoon about 2 inches apart.

CHOCOLATE BROWNIES

Mrs. F. P. Reed

- | | |
|--------------------------|---------------------------|
| 1/4 C. butter | 1 t. vanilla |
| 1 C. sugar | 1 C. flour |
| 2 eggs (unbeaten) | 1/8 t. salt |
| 2 sq. chocolate (melted) | 1/2 C. nut meats (broken) |
| 1/4 C. milk | |

Cream butter; add sugar, chocolate and eggs. Beat vigorously for 2 minutes. Add milk, vanilla, flour, salt and nut meats. Beat vigorously for 3 minutes. (This beating is the secret of good brownies.) Pour the mixture into a square cake pan lined with waxed paper. Bake in moderate oven 20 to 25 minutes. Serve in bars 1 x 3 inches.

BROWNIES

Mrs. H. R. Long

- | | |
|--------------------------|---------------------|
| 1 C. butter | 1 or 2 C. nut meats |
| 2 C. sugar | 1 C. flour |
| 4 sq. melted chocolate | Vanilla |
| 4 eggs beaten separately | |

Bake slowly 3/4 hour. Loosen from pan and cut in squares while hot.

CHOCOLATE CAKES

Mrs. E. M. Spangler

- | | |
|------------------------|------------------------------|
| 1 C. melted butter | 1 t. vanilla |
| 2 C. sugar | 1 C. nuts or raisins |
| 1 C. milk | 3 C. flour |
| 1/2 t. salt | 2 eggs |
| 4 sq. melted chocolate | 1 t. soda dissolved in water |

Bake in long pan and cut in squares and frost.

CHOCOLATE DELIGHTS

Mrs. G. W. Snedecor

- | | |
|------------------------|----------------------------|
| 2 sq. bitter chocolate | 3/4 C. flour |
| 3 eggs | 1/2 level t. salt |
| 1/2 C. butter | 1 t. vanilla |
| 1 level C. sugar | 1 level C. chopped English |
| 1 level t. BP. | walnuts |

Cut chocolate fine and beat eggs slightly. Melt butter, add chocolate, eggs, sugar, vanilla, flour sifted with baking powder and salt and nuts. Mix and spread in large shallow pan and bake for 15 minutes in moderate oven.

FUDGE SQUARES

Mrs. L. W. Forman

- | | |
|---|--------------|
| 3 T. shortening | 1 t. vanilla |
| 1 C. sugar | 1/3 C. milk |
| 1 egg | 1 C. flour |
| 2 oz. melted chocolate
(unsweetened) | 1 t. BP. |
| 1/2 C. nut meats (coarse) | 1/8 t. salt |

Spread thin on shallow cake tins (greased). Bake in slow oven 20 or 30 minutes. Cut in squares before removing from pan.

GINGER COOKIES

Mrs. Mary H. Jones

- | | |
|-------------------------------------|---------------|
| 2 C. sorghum or Orleans
molasses | 1 T. BP. |
| 1 C. light brown sugar | 1 t. ginger |
| 1 level C. shortening | 1 T. cinnamon |
| 1/2 C. boiling water | 3 eggs |
| | 1/2 t. salt |

Bring molasses to boiling point. Set aside to cool. Add shortening while warm. When molasses is quite cold, beat one egg at a time into the mixture. Dissolve soda in the boiling water. Add cinnamon, sugar, ginger, and baking powder. Blend thor-

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oughly and add flour to make a soft dough. Roll thin. Bake in hot oven (not quick) until a light brown.

GINGER SNAPS

Mrs. C. Sorenson

Boil 1 pt. good Orleans molasses, 1 C. light brown sugar, 2/3 C. lard or drippings and 1 T. dark ground ginger in a deep granite sauce pan until the mixture thickens considerably. Remove from the stove and cool slightly, then add a heaping t. soda dissolved in 1/2 C. of tepid water, cover until cool, then mix in enough sifted flour to make a soft dough, roll very thin. Bake in a moderate oven.

MOLASSES PUFFS

Mrs. J. W. Latherow

3/4 C. molasses	1 egg
3/4 C. sugar	2 t. ginger
1/2 C. hot water	2 level t. soda
1/2 C. shortening	3 C. flour (rounding)

Mix and drop from spoon. Bake in quick oven and frost.

CHOCOLATE COOKIES (VERY FINE)

Mrs. J. G. Hummel

1 C. melted butter	1 t. soda dissolved in water
2 C. sugar	2 eggs
1 C. sour milk	4 sq. melted chocolate
3 C. flour	1 t. salt
1 C. raisins	1 t. vanilla

Spread thin in pan and when done frost and cut in squares.

FROSTING

3 C. powdered sugar	5 T. of cream
1 egg white	Flavor with vanilla

CHOCOLATE COOKIES

Mrs. Clyde Jones

1/2 C. butter	2 sq. chocolate
1 C. brown sugar	2 C. flour
1 egg	1 t. BP.
1/2 C. coffee	1/2 C. raisins
1/2 t. soda dissolved in	1/2 C. nut meats
1 T. milk	

Drop from spoon into well greased pan.

Frosting

- | | |
|--------------------|------------------------|
| 2 T. melted butter | 1 sq. melted chocolate |
| 1 beaten egg | 1 t. vanilla |
- Add powdered sugar until thick enough to spread easily.

CHOCOLATE BARS (DAINTY AFTERNOON CAKES)

Mrs. Thos. F. Crocker

- Cream thoroughly $\frac{1}{2}$ C. Snowdrift or Crisco and 1 C. sugar.
- | | |
|-------------------------------------|-------------------------------|
| $1\frac{1}{2}$ sq. melted chocolate | $\frac{1}{2}$ C. chopped nuts |
| 1 t. vanilla | $\frac{1}{2}$ C. dates |
| $1\frac{1}{4}$ C. flour | |

Bake slowly about 45 minutes in shallow pans. Cut in long narrow bars while hot.

CHOCOLATE COOKIES

Mrs. G. M. Person and Mrs. W. S. Burton

- | | |
|--------------------------------|---------------------------------------|
| 1 C. sugar | $\frac{1}{2}$ t. soda in milk |
| $\frac{1}{2}$ C. melted butter | 2 sq. chocolate melted |
| 1 egg | 1 C. raisins (cook before putting in) |
| $\frac{3}{4}$ C. sweet milk | $\frac{1}{2}$ C. nuts (cut) |
| $1\frac{1}{2}$ C. flour | |

Drop from spoon.

CHOCOLATE COOKIES

Mrs. L. A. Young

- | | |
|---|-----------------|
| 1 C. brown sugar | 2 sq. chocolate |
| $\frac{2}{3}$ C. sweet milk | 1 C. nut meats |
| $\frac{3}{4}$ C. shortening | 1 t. vanilla |
| $\frac{1}{2}$ t. soda dissolved in milk | 2 C. of flour |
- (No eggs)

CHOCOLATE COOKIES

Mrs. Ed Jackson and Mrs. Frank Morris

- | | |
|-----------------------------------|-----------------------------|
| 2 sq. melted chocolate | $1\frac{1}{2}$ C. flour |
| 1 C. cane sugar | $\frac{1}{2}$ t. soda |
| $\frac{1}{2}$ C. butter or crisco | $\frac{1}{2}$ C. milk |
| 1 egg | 1 C. nuts chopped or broken |

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Frosting

- | | |
|-----------------------|----------------|
| 2 sq. chocolate | Powdered sugar |
| Butter size of walnut | Milk or water |

FROSTED CREAM COOKIES

Mrs. E. S. Wilson

- | | |
|------------------------|-------------|
| 2 C. (pt.) sorghum | 1 t. salt |
| 2 C. melted shortening | 1 T. soda |
| 1/2 C. boiling water | 1 T. ginger |
| 2 eggs | |

Add flour to make very stiff and roll out thin and cut as you like. Frosting for above: 1 lb. powdered sugar, with butter and 1 t. lemon and cream to spread. This will make and cover 125.

FROSTED CREAMS

Bess L. Walsh

- | | |
|---------------------------|-----------------------------|
| 1 C. each sugar and lard | 1/2 C. molasses |
| 2 eggs | 1 t. each of cloves, cinna- |
| 1 C. boiling coffee, with | mon and ginger |
| 1 t. soda dissolved in it | 1 C. seeded raisins |

Add flour enough to make like layer cake (about 3 C.) Spread in dripping pans about 1/2 inch deep and when baked, cover with powdered sugar icing. Cut in squares and put away like cookies. They will keep a long time.

GINGER CREAMS

Gertrude N. Morris

- | | |
|--------------------------|----------------------------|
| 1 C. sugar | 1 C. sour milk |
| 1 C. molasses | 3 C. flour |
| 1/4 C. lard | 1 t. each ginger, soda and |
| 2 eggs (save 1 white for | cinnamon) |
| frosting) | 1/2 t. salt |

Spread thin in large tins and bake. Frost and cut in squares.

GINGER CREAMS

Mrs. Harrie Davis

- | | |
|--------------------|-----------------|
| 1/2 C. butter | Yolks of 3 eggs |
| 1/2 C. lard | 2 t. cinnamon |
| 1/2 C. brown sugar | 1 t. ginger |
| 1 C. sour milk | 5 scant t. soda |
| 1 C. molasses | |

Use enough flour to make a soft dough and roll thicker than for other cookies.

GINGER COOKIES

Mrs. P. A. Mathre

- | | |
|---------------------------------------|-----------------|
| 1 heaping C. shortening | 1 egg |
| $\frac{1}{2}$ C. sugar | 1 t. cinnamon |
| 1 C. sorghum | 1 t. ginger |
| $\frac{1}{4}$ C. milk (sweet or sour) | 3 level t. soda |

Flour to mix stiff. Mix sugar and shortening together. Beat the egg well and add milk and spices, then put soda in sorghum and mix all together. Add the flour and when ready to roll sprinkle with sugar and bake in a very hot oven.

PEPPER-NUTS

Mrs. Stella Williamson

- | | |
|-----------------------|------------------------------------|
| 1 lb. flour | 1 C. nut meats |
| 1 lb. sugar | $\frac{1}{2}$ C. raisins (chopped) |
| 1 T. cinnamon | $\frac{1}{2}$ C. citron (chopped) |
| 1 t. cloves | 2 t. BP. |
| $\frac{1}{2}$ t. mace | 5 eggs, beaten separately |

Roll in balls, bake on oiled paper.

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PEANUT CRISPS

Ada Scott

- | | |
|-------------------------|----------------------------------|
| $\frac{1}{4}$ C. butter | 1 t. BP. |
| $\frac{1}{2}$ C. sugar | $\frac{3}{4}$ C. chopped peanuts |
| 2 eggs | 1 C. flour |

Drop on a buttered tin and bake in moderate oven. Any kind of nuts may be used in this recipe.

PEANUT COOKIES

Mrs. Clyde Jones

- | | |
|--------------------------------|------------------------|
| $\frac{1}{4}$ C. melted butter | $\frac{1}{4}$ t. salt |
| $\frac{3}{4}$ C. sugar | $\frac{3}{4}$ C. flour |
| 2 eggs unbeaten | 1 C. peanuts |
| 2 T. milk | |

Drop by teaspoons on well buttered pan about 4 inches apart and bake in moderate oven until the edges begin to turn a deep brown. Remove from pan at once when taken from oven.

FROSTED CREAMS

Mary Ghrist

- | | |
|--------------------|-------------------------------------|
| 1 C. sugar | $\frac{1}{2}$ t. soda (not heaping) |
| 1 C. molasses | 2 eggs |
| 1 C. coffee | 1 t. cinnamon (level) |
| 1 C. lard | $\frac{1}{4}$ t. cloves |
| 3 C. flour (level) | $\frac{1}{2}$ t. ginger |

Use the general method for mixing as for ginger bread. Bake 45 to 50 minutes in very moderate oven. Leave in pan and frost with powdered sugar icing.

Frosting for Creams

- | | |
|--------------------------------------|--------------------------------------|
| 3 T. butter | $\frac{2}{3}$ to 1 C. confectioner's |
| 2 T. hot cream or milk
(or mixed) | sugar |

Cream butter, add hot milk and gradually add sugar. Mix well and until thick and creamy. Spread on creams and cut in squares.

SULTANA STICKS

Mrs. Gayle Kurtz

- | | |
|-------------------------|----------------------------|
| 1 C. sugar | $\frac{1}{4}$ t. salt |
| 1 egg | 1 t. vanilla |
| $\frac{1}{4}$ C. butter | $\frac{1}{2}$ C. raisins |
| 1 sq. chocolate melted | $\frac{1}{2}$ C. nut meats |
| $\frac{1}{2}$ C. flour | |

Cream fat, add sugar and egg, beat for 1 minute. Add all the rest of the ingredients and beat for 2 more minutes. Pour into a 7 inch square pan lined with waxed paper. Bake in slow oven 30 minutes. Remove from pans, cut into bars, roll in powdered sugar.

FROSTED CREAMS

Mrs. O. S. Yeomans

- | | |
|--|-------------------------------|
| 3 eggs (save whites of 2 for frosting) | 2 t. soda dissolved in coffee |
| 1 C. sugar | 2 t. ginger |
| 1½ C. dark cooking molasses | ½ t. cloves |
| 1 C. shortening | ½ t. salt |
| ¾ C. strong coffee | 4 C. flour |
| | Frosting |

HERMIT COOKIES

Mrs. H. E. Nichols

- | | |
|--|---------------------------------------|
| 1 C. butter (or substitute) | 1 t. cinnamon |
| 1½ C. brown sugar | ½ t. each cloves, allspice and nutmeg |
| 3 eggs | 1 level t. salt |
| 1 C. chopped seedless raisins or dates | 1 t. soda |
| 1 C. walnut meats | 1/3 C. hot water |
| 2½ C. flour | |

Cream butter, add sugar, eggs well beaten, soda dissolved in hot water, flour sifted with spices, salt, nuts and raisins. Drop from spoon on greased pan and bake in moderate oven.

CAKES

Mrs. E. M. Spangler

- | | |
|--------------------------------|---------------------------------|
| 1 C. butter or half lard | 1 C. liquid |
| 1½ C. sugar | 3 C. flour or enough to stiffen |
| 1½ C. raisins in 2 C. of water | 1½ t. soda |
| | 1 t. nutmeg |

Bake in large pan and frost, cut in squares.

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MANHATTAN HERMITS

Mrs. S. A. Knapp

- | | |
|----------------------------|---------------------------|
| 1 C. sugar | 1 t. soda |
| 5 T. Crisco | 1 C. raisins, or |
| 1 egg | 1 C. nuts |
| 2 C. flour | 1 t. cinnamon |
| Pinch of salt | $\frac{1}{4}$ t. cloves |
| $\frac{1}{4}$ C. sour milk | $\frac{1}{2}$ t. allspice |

Cream Crisco, add sugar, and cream carefully. Add beaten egg and sifted drys, alternately with the milk. Add nuts or raisins. Drop from teaspoon on buttered baking sheet 1 inch apart. Bake in hot oven, browning first on the bottom then on the top.

BOSTON COOKIES

Mrs. Earl Quade

- | | |
|-----------------------------|---------------------------|
| 1 C. butter | $\frac{1}{2}$ t. salt |
| $1\frac{1}{2}$ C. sugar | 1 t. cinnamon |
| 3 eggs | 1 C. chopped walnuts |
| 1 t. soda | $\frac{1}{2}$ C. raisins |
| $1\frac{1}{2}$ t. hot water | $\frac{1}{2}$ C. currants |
| $3\frac{1}{4}$ C. flour | |

Cream the butter, add sugar gradually and eggs well beaten. Add soda dissolved in water, half the flour mixed and sifted with salt and cinnamon, then add nut meats, fruit, and remaining flour. Drop by spoonfuls 1 inch apart on a buttered sheet, and bake in moderate oven.

COOKIES

Mrs. C. E. Wygant

- | | |
|-----------------------------------|---|
| 4 C. brown sugar | Scant $\frac{2}{3}$ C. lard |
| 4 eggs | 1 t. vanilla |
| 1 t. soda, dissolved in hot water | 2 C. currants or small seedless raisins |

Add flour enough to make a stiff dough, roll, cut and bake quickly.

FRUIT SNAPS

Mrs. W. F. Coover

- | | |
|-------------------------------------|---|
| $\frac{1}{2}$ C. butter | 1 level qt. flour less $\frac{1}{2}$ C. |
| $1\frac{1}{2}$ C. sugar | 1 C. raisins |
| $\frac{1}{2}$ C. sorghum molasses | $\frac{1}{2}$ C. nuts |
| 1 t. each soda, ginger and cinnamon | 3 eggs |
| | $\frac{1}{2}$ t. cloves |

FRUIT COOKIES

Mrs. O. P. Rutledge

- | | |
|-----------------------------|----------------------|
| 1½ C. sugar | 1 t. soda |
| 1 C. butter | 1 t. cinnamon |
| 3 eggs | 1 C. chopped raisins |
| Salt | Nuts may be added |
| Flour to make a stiff dough | |

EXCELLENT ROCKS

Mrs. H. H. Nowlin

- | | |
|-------------------------|-----------------------|
| 1½ C. brown sugar | 1 t. lemon |
| ¾ C. shortening | 1 t. cinnamon |
| 3 eggs | 1 lb. English walnuts |
| 2 T. molasses | 1 lb. dates |
| 1 t. soda in ½ C. water | 3½ C. flour |
| 1 t. vanilla | |

RAISIN COOKIES

Mary Ghrist

- | | |
|-----------------|-----------------------------|
| 1 C. sugar | ½ t. soda |
| ¾ C. shortening | 2 t. BP. |
| ½ C. sweet milk | 2 C. flour |
| 1 egg | Add more flour if necessary |
| Pinch of salt | (usually necessary) |

Filling

- | | |
|---|--------------------|
| Boil 1 C. raisins (dates or
figs may be mixed with
raisins) | ½ C. sugar |
| | ½ C. water |
| | 1 heaping T. flour |

BROWN COOKIES (ICE BOX)

Mrs. J. H. Ainsworth

- | | |
|------------------------------|---------------------------------------|
| 1½ C. melted butter and lard | 1 T. cinnamon |
| 1 C. white sugar | 4 C. flour (more if necessary) |
| 3 eggs | 1 t. soda (dissolved in hot
water) |
| 1 C. brown sugar | |
| ½ C. almonds (coarse pieces) | 1 t. BP. mixed with flour |

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Divide dough in 3 or 4 parts. Roll like a long sausage. Put in ice box over night. In the morning cut in slices $\frac{1}{4}$ inch thick. Bake in moderate oven.

ICE BOX COOKIES

Mrs. Craig Stephenson

- | | |
|-------------------------|---------------------------------|
| 1 C. granulated sugar | $\frac{1}{2}$ C. Crisco or lard |
| 1 C. light brown sugar | 1 C. nuts, almonds preferred |
| $\frac{3}{4}$ C. butter | 3 eggs well beaten |

Sift together the following and add by degrees:

- | | |
|-------------------------|-----------------------|
| 1 T. cinnamon | 1 t. BP. |
| $3\frac{1}{2}$ C. flour | $\frac{1}{8}$ t. salt |
| 1 t. soda | |

Shape in a round loaf, let stand in ice box or cool place over night. Slice off and bake.

BUTTERSCOTCH COOKIES

Mrs. Belle Powell

- | | |
|----------------------|-----------------------|
| 4 C. flour | 2 C. brown sugar |
| 1 t. soda | 1 C. shortening, soft |
| 1 t. cream of tartar | 2 eggs |
| 1 C. raisins | |

Cream sugar and shortening; add eggs; dissolve soda in a little water; beat well and add raisins and cream of tartar or baking powder; flavor with vanilla or spice to taste. Mix and roll in oil paper and let stand over night. Slice and bake.

BUTTERSCOTCH COOKIES

Mrs. B. M. Ricketts

- | | |
|--------------------------|-----------------------|
| 2 C. dark brown sugar | 2 eggs |
| 1 C. butter | 2 t. soda |
| $\frac{1}{2}$ C. sorghum | $\frac{1}{4}$ t. mace |
| $4\frac{2}{3}$ C. flour | |

Bring sugar, butter, and sorghum to a boil. Cool. Add $\frac{1}{2}$ the flour in which is sifted mace and soda. Add beaten egg yolks and stiffly beaten whites. Add remaining flour. Roll out. Bake in slow oven.

YUM-YUMS

Daisy Ann Johnson

- | | |
|----------------|-------------------------|
| 1 lb. dates | 1 C. sugar |
| 1 C. hot water | 1 egg |
| 1 T. butter | 1 t. soda |
| 1 C. nuts | $1\frac{1}{2}$ C. flour |

Soak dates in hot water. Cream butter and sugar, add beaten egg, add flour, sifted with soda, alternately with water and dates. Spread thinly in paper lined pan, and bake about 30 minutes, rather slow oven. When cold cut in squares and coat with powdered sugar.

BLITZ KUCHEN

Mrs. E. B. Bush

- | | |
|---------------|------------------|
| 1 C. sugar | 1/3 C. milk |
| 3/4 C. butter | 2 scant C. flour |
| 3 eggs | 3/4 t. BP. |

Spread thin in dripping pan, sprinkle over top chopped nut meats, sugar cinnamon and cocoanut. Press down with spoon. Bake.

SUGAR COOKIES

Mrs. C. Sorenson

- | | |
|---------------------------|---------------------------|
| 2 C. sugar | 2 eggs |
| 1 C. lard and butter | |
| Cream together, then add: | |
| 1 t. vanilla or | 1 heaping t. BP. |
| 1/2 t. nutmeg | 3/4 C. sour milk or cream |
| 1 t. soda | |

Mix well, add flour to make soft dough, roll thin and bake in a quick oven.

BURNT SUGAR COOKIES

Florence Walls

- | | |
|---|----------------|
| 1 C. sugar (well browned) | 1 C. sour milk |
| 1 C. water added | 4 C. flour |
| 1 1/2 C. sugar (in addition to burnt sugar) | 1 t. soda |
| 1 C. butter and lard mixed | 1 t. BP. |
| 2 eggs | 1/3 C. nuts |
| | 1 t. vanilla |

Mix dry ingredients. Melt butter and lard. Add to milk. Mix with dry ingredients. Add eggs. Drop from spoon and bake.

MRS. BARRETT'S COOKIES

Mrs. C. F. Curtiss

- | | |
|----------------------------|-----------------------|
| 2 C. granulated sugar | 4 1/2 C. flour, scant |
| 1 C. 1/2 butter and 1/2 | 1/2 t. soda |
| drippings, melted | 3 eggs, beaten |
| 1/2 t. each of vanilla and | 1/2 C. sweet milk |
| lemon | |

Roll thin sprinkle with caraway seed or with chopped nuts, sugar and cinnamon. Cut and bake. Do not oil the pans.

BROWN SUGAR COOKIES

Cora B. Hoke

- | | |
|------------------|-----------------|
| 2 C. brown sugar | 1 C. sour cream |
| 1 C. butter | 1 t. soda |
| 1 t. vanilla | 3 eggs |

Mix soft as possible to roll and bake.

COOKIES

Mrs. A. B. Maxwell

- | | |
|-------------------------|--------------------|
| 1 C. sugar | 2 T. sweet milk |
| $\frac{1}{2}$ C. butter | 2 t. BP. |
| 2 eggs | 2 heaping C. flour |

SOUR CREAM COOKIES

Mrs. E. M. Kooker and Mrs. C. F. Davis

- | | |
|-----------------------------------|-------------------------|
| 1 C. sugar | $\frac{1}{4}$ t. soda |
| $\frac{1}{2}$ C. butter | $\frac{1}{8}$ t. nutmeg |
| $\frac{1}{2}$ C. thick sour cream | $\frac{1}{4}$ t. salt |
| 1 egg | |

Cream butter and sugar, add egg well beaten. Add sour cream to which soda has been added. Add salt, nutmeg and flour to make soft dough. Roll $\frac{1}{4}$ inch thick, cut with small cookie cutter. Sprinkle with sugar. Bake in hot oven.

SOUR CREAM COOKIES

Mrs. Mary G. Bryant

- | | |
|-----------------|--------------------------|
| 1 C. lard | 1 t. flavoring |
| 2 C. sugar | $\frac{1}{2}$ t. salt |
| 1 C. sour cream | 2 T. sugar for tops |
| 2 eggs | Flour to make soft dough |
| 1 t. soda | |

Roll thin, sprinkle with sugar and cut. Bake in a quick oven. Mrs. A. B. Maxwell uses 1 C. butter in place of lard.

OSTEOPATHY

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SUGAR COOKIES

Mrs. Emil Skortman

- | | |
|-------------|--------------------------|
| 1½ C. sugar | ½ C. sour milk |
| 1 C. lard | 1 t. soda |
| 2 eggs | Little salt and nutmeg |
| ½ C. cream | Sprinkle sugar over top. |

COOKIES

Mrs. G. C. Roberts

- | | |
|-------------|----------------|
| 1½ C. sugar | 1 C. sour milk |
| 1 C. butter | 1 t. soda |
| 2 eggs | |

Flour enough to make rather stiff dough, roll very thin and sprinkle with sugar, bake quickly.

DOUGHNUTS

Mrs. C. G. Cole

- | | |
|------------------------------|----------------------|
| 2 C. sour milk | 2 t. cinnamon |
| 2 C. sugar | 1 t. salt |
| 2 eggs | 2 t. soda |
| 2 dessert spoons melted lard | Enough flour to roll |
| 1 t. nutmeg | |

DROP DOUGHNUTS

Mrs. J. B. Quig

- | | |
|------------------|-------------------------|
| 3 eggs | 4 C. flour or enough to |
| 1 C. sugar | make drop batter |
| 1 pt. fresh milk | 3 t. BP. |

Flavoring or spice

Drop from t. into hot fat. Roll in sugar when cool.

DOUGHNUTS

Mrs. Mabel Peabody

- | | |
|-----------------|----------------------------------|
| 1 C. sugar | 1 t. soda, dissolved in a little |
| 1 C. sour milk | hot water |
| A little salt | 3 eggs (beaten) |
| 2 T. melted fat | Flour to make soft dough |
| ½ nutmeg | |

Cut and fry in deep fat.

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Ames, Iowa

DOUGHNUTS

Mrs. C. T. Mentzer

- | | |
|-------------------------|------------------|
| 3 eggs, beaten | 1 C. sugar |
| $\frac{1}{2}$ t. salt | 2 t. BP. |
| $\frac{1}{2}$ t. nutmeg | 3 T. melted lard |
| 1 C. milk | Flour to roll |

DOUGHNUTS

Mrs. E. E. Little

- | | |
|-----------------|--------------|
| 3 eggs | 2 T. hot fat |
| 1 C. sugar | 1 qt. flour |
| 1 C. sweet milk | 1 t. vanilla |
| 3 t. BP. | |
- Fry in hot fat.

DROP CAKES

Mrs. A. V. Graves

- | | |
|------------------------|------------------------|
| 2 T. butter | 2 T. milk |
| $\frac{1}{2}$ C. sugar | $\frac{1}{2}$ C. flour |
| 1 egg | 1 t. lemon juice |
| 1 t. baking powder | $\frac{1}{2}$ C. nuts |
- Drop on pan in small drops and bake 15 minutes.

CRULLERS

Mrs. O. H. Hawley

- | | |
|------------------------|-----------------|
| 1 C. sugar | 2 t. BP. |
| 1 T. melted shortening | Pinch of ginger |
| 1 C. milk | 1 t. nutmeg |
| 1 t. salt | Flour to roll |
| 2 eggs | |
- Fry in hot deep fat.

SOFT GINGERBREAD

Mrs. Brigham Wheelock and Mrs. J. B. MacDonald

- | | |
|----------------|-----------------------------|
| 1 C. sugar | $\frac{3}{4}$ C. shortening |
| 1 C. molasses | 2 eggs |
| 1 C. sour milk | 3 C. flour |

NOKOL

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PHONE 227

- | | |
|-------------|---------------|
| 1 t. soda | 1 t. cinnamon |
| 1 t. ginger | |

Have oven hot; put cake in and turn off fire for 10 minutes. Relight fire and bake in moderate oven 35 minutes.

GINGERBREAD

Mrs. C. G. Lee

- | | |
|---|---|
| $\frac{3}{4}$ C. butter and lard melted | 2 t. soda dissolved in 1 C. boiling water |
| 2 eggs well beaten | |
| 1 t. each ginger, cloves and cinnamon | 1 C. molasses |
| | 1 C. sugar or karo |
| $2\frac{1}{2}$ C. flour | |

GINGERBREAD

Mrs. J. A. Harvey

- | | |
|---------------------------------|--------------|
| 1 C. sour milk | 1 t. soda |
| 1 C. molasses | 1 T. ginger |
| $\frac{1}{2}$ C. butter or lard | 2 C. flour |
| $\frac{1}{2}$ C. sugar | 1 pinch salt |
| 1 egg | |

Heat molasses, ginger and butter together. When cool, add

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JAMESON'S

milk, egg, sugar and flour and lastly soda, dissolved in little boiling water.

GINGERBREAD

Mrs. J. W. Latherow, Mrs. J. E. Lanning and Mrs. W. H. Clark

1/2 C. sugar	1 t. soda dissolved in hot
1 C. molasses	water
1/2 C. butter	2 1/2 C. flour
1 t. cloves, cinnamon and	2 eggs well beaten, added
ginger	last thing before baking

EVERYBODY'S GINGERBREAD

Mrs. O. B. Hoffman

1/2 C. molasses	1 t. soda
2 C. flour	1/2 C. warm water
1/2 C. sugar	1/2 t. ginger
2 eggs	Other spices to taste
1/2 C. butter	

Cream butter and sugar, add beaten eggs. Mix molasses, soda, ginger and warm water together. Add to former mixture. Mix in other spices and bake.

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GINGERBREAD

Mrs. F. E. Allen, Mrs. J. A. Campbell and Mrs. J. C. Hoppes

- | | |
|----------------------------|-----------------------------|
| 1 C. dark cooking molasses | 1 t. soda dissolved in warm |
| 1 C. sour cream | water |
| 1 egg | 1 heaping t. ginger |
| 1 t. salt | |

Make as thick as cup cakes. To be eaten warm.

GINGERBREAD

Mrs. F. N. Beam

- | | |
|-------------------------|-------------------------|
| $\frac{1}{2}$ C. butter | $\frac{1}{2}$ t. soda |
| $\frac{1}{2}$ C. sugar | 1 t. ginger |
| 1 T. cocoa | 1 t. cinnamon |
| 2 eggs | $\frac{1}{4}$ t. cloves |
| 1 C. thick sour milk | 3 C. flour |
| 1 C. molasses | |

Cream butter, add sugar, then beaten eggs. Mix soda, molasses, sour milk and add to first mixture, next the sifted dry ingredients. Bake mixture in thin sheets in moderate oven.

CAKES

*We'll mix and bake
The dainty cake,
And beat the frosting light.
The sweetest plan
To please a man
Is through his appetite.*

GENERAL ORDER OF MIXING CAKES

1. Cream butter and sugar.
2. Yolks well beaten if used.
3. Milk and flavoring.
4. Flour sifted with baking powder.
5. Whites of eggs well beaten.

Raisins and currants should be washed clean, thoroughly dried and dredged with some of the flour before adding to the cake dough.

Avoid too hot an oven and too frequent opening of the oven door. Don't let the cake stand before baking.

ANGEL FOOD CAKE

Mrs. W. A. Thompson

9 to 11 egg whites 1½ C. fine sugar
1 C. Swan's Down flour sifted 4 times. Sift one and measure them 3 times, 1 t. cream tartar and ½ t. B. P., ¼ t. salt, vanilla and lemon extract. Add the salt and cream tartar to egg whites and beat until very light. (Not too dry). Fold in sugar and add baking powder to flour and flavoring. Then sift in flour slowly and bake in a slow oven.

ANGEL FOOD CAKE

Mrs. H. D. Bergman

1½ tumblers granulated sugar, 1 tumbler Swan's Down flour, sifted twice before measured with 1 t. cream of tartar. Sift sugar, flour and cream tartar 4 or 5 times. Whites of 12 eggs beaten stiff with a pinch of salt.

Fold in the dry ingredients and lastly add 1 t. of vanilla.
Bake 1 hour in a very slow oven in a 1 gallon crock.

ANGEL FOOD CAKE

Mrs. F. M. Scott, Wichita, Kansas

1 C. egg whites	1¼ C. sugar
1 t. cream tartar	1 C. Swan's Down flour
1 t. vanilla	Pinch salt

IN all recipes calling for baking powder, insure successful results by using Royal Baking Powder (absolutely pure).

It is conceded by domestic science teachers and baking experts the world over to be "the most healthful and dependable baking powder made." Royal contains no alum.

Chill eggs and put in deep bowl add pinch of salt and beat till foamy; add cream of tartar and beat till very stiff; fold in sugar. Now sift Swan's Down flour five times, put in sifter, add to mixture from sieve slowly, fold in, do not beat. Add vanilla and pour into ungreased pan and bake 25 to 50 minutes.

MOCK ANGEL FOOD CAKE

Mrs. J. E. Cagwin

1 C. flour, sifted

1 C. sugar, sifted

Add 2 t. baking powder to the C. of sifted flour and sift twice more. To this mixture add 1 C. of hot milk, 1 T. vanilla flavoring. Fold in the well beaten whites of 2 eggs. Bake in moderate oven.

MOCK ANGEL FOOD CAKE

Mrs. Minos Fall

1 C. sugar

1 t. BP.

$\frac{1}{2}$ C. butter

$\frac{1}{4}$ t. cream of tartar

$\frac{1}{2}$ C. water

2 egg whites

$1\frac{1}{4}$ C. flour, sifted

1 t. vanilla

Cream the butter, add the sugar and mix well. Sift the flour three times with baking powder added. Add to first mixture, flour and water, a little at a time, first one then the other until all has been added beating all the time for 2 minutes. Add vanilla. Beat egg whites very stiff and stir into mixture carefully. Bake in 2 square tins in very moderate oven 25 minutes. Recipe may be doubled and baked in other cake tins.

Filling and Frosting Recipe

1 C. seeded raisins

$1\frac{2}{3}$ C. sugar, pulverized, add

1 C. figs

$\frac{1}{2}$ C. cream or milk

Grind raisins and figs together in food grinder. Add to $\frac{1}{2}$ of above frosting for filling. Frost top layer with remainder of frosting.

ANGEL CAKE

Mrs. W. F. Coover

11 egg whites

$1\frac{1}{2}$ C. flour

1 t. cream of tartar

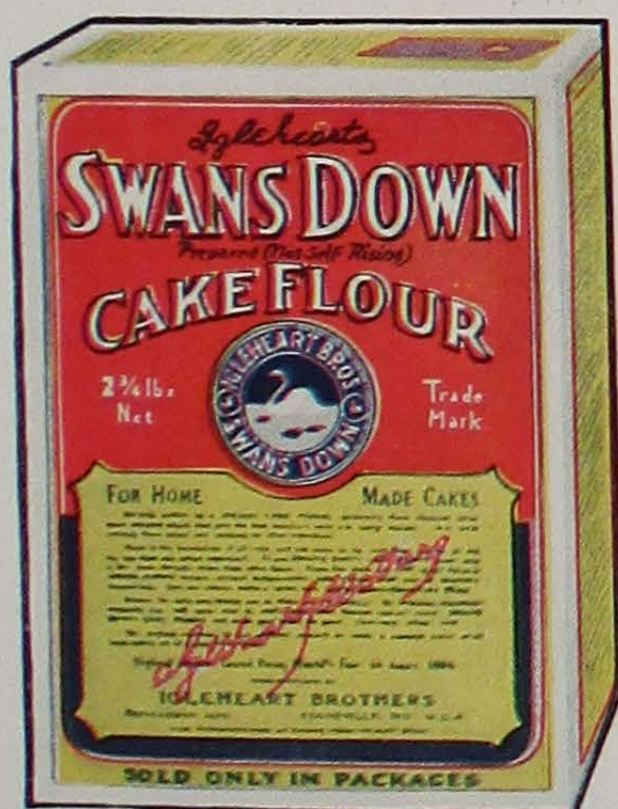
Pinch of salt

2 C. sugar

1 t. vanilla

Sift flour and sugar each five times. Beat whites with a whip. When partly beaten add cream of tartar and salt. When very stiff, fold in sugar a little at a time, then flour. Don't mix too long.

When You Make Cake



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Try This Cake Recipe

DELICIOUS SWANS DOWN CAKE

$\frac{1}{2}$ cupful butter, or substitute	3 teaspoonfuls baking powder
1 cupful sugar	$\frac{1}{4}$ teaspoonful salt
$\frac{2}{3}$ cupful milk	1 teaspoonful vanilla
2 cupfuls SWANS DOWN CAKE FLOUR	3 egg whites

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly-beaten egg-whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

CAREFUL MIXING

It is necessary in successful cake-making that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake-making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350-400° F). Thick layer and cakes baked in a loaf require a moderate oven (325-375° F) while sponge cakes and angel cakes require a slow oven (250-300° F). Fruit cakes require even a slower oven (200-250° F).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake-making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

APPLE SAUCE CAKE

Mrs. W. J. Semmons

- | | |
|---------------------------------|--------------------------------|
| 1 C. sour apple sauce | Cloves, cinnamon and nutmeg |
| 1 C. sugar | sauce is not sour, sifted with |
| 1 egg | 2 C. flour, 3 times |
| 1/2 C. butter | 1/2 C. nuts |
| 2 t. soda, level, less if apple | 1 C. raisins |

ANGEL FOOD CAKE WITH BLACK WALNUTS

Mrs. C. L. Little

Beat whites of 9 eggs and a pinch of salt to froth. Add 1/2 t. cream of tartar and beat stiff. Place in one side of a mixing bowl 1 1/4 C. sifted sugar and with a wooden cake spoon fold whites over sugar carefully taking only that which will adhere at each turn of the spoon. In like manner fold in 1 C. cake flour sifted five times and 1 t. vanilla. Place half of this mixture in an ungreased cake tin, sprinkle 1/2 C. broken black walnuts over this, add remainder of dough and sprinkle another 1/2 C. nut meats over the cake with a spatula. Cover nuts slightly and bake 45 minutes in a moderate oven increasing the heat the last 10 minutes.

IS YOUR KITCHEN COMPLETE?

A Work Table, a Kitchen Cabinet or a Cupboard may assist you in getting better results from this book.

H. L. MUNN LUMBER CO.

APPLE SAUCE CAKE

Mrs. J. Vallett

- | | |
|---------------------------------|--------------------------|
| 1½ C. apple sauce, un-sweetened | ½ t. cloves |
| 2½ C. flour | 1 t. soda in apple sauce |
| 1 C. raisins | 1 C. lard |
| 1 t. cinnamon | 1½ C. sugar |
| | 1 egg |

APPLE SAUCE CAKE

Mrs. Forman

- | | |
|-------------|-----------------------------|
| ½ C. butter | 1½ t. cinnamon |
| 1 egg | ½ t. cloves |
| 1 C. sugar | 1 C. sweet hot apple sauce |
| 1½ C. flour | 1 C. raisins, nuts or dates |
| 1 t. soda | 1 t. vanilla |

Mix soda with apple sauce. After pouring in pan sift granulated sugar over top and bake.

BROWN STONE FRONT CAKE

Mrs. A. H. Munn

- | | |
|--------------------------------|-----------------------------|
| 1 2/3 C. sugar | 2 C. flour; do not add more |
| 2/3 C. butter | 2 t. BP. |
| 1 t. vanilla, added to sugar | 1/3 cake chocolate melted |
| 4 eggs beaten in one at a time | with a little butter last |
| 1 C. milk | |

BEST CAKE IN THE WORLD

Mrs. J. H. Williams and Mrs. L. J. Lynch

- | | |
|------------------|--------------|
| 2 C. sugar | 5 t. BP. |
| Good ½ C. butter | 1 t. extract |
| 1 C. milk | 3 C. flour |
| Whites of 7 eggs | |

BLUEBERRY TEA CAKE

Mrs. E. R. Smith

- | | |
|------------------------------|-------------------|
| ½ C. butter | 4 level t. BP. |
| 1 C. sugar | ½ t. salt |
| Yolks of 3 eggs, well beaten | Whites of 3 eggs |
| ½ C. milk | 1 pt. blueberries |
| 4 C. sifted flour | |

Cream the butter, add sugar, the yolks of eggs, the milk, the flour sifted with the salt and baking powder, the whites of eggs beaten dry and the blueberries, lightly dredged with flour. Bake in a large shallow pan about ½ hour.

BREAD SPONGE CAKE

Mrs. T. R. Perry

- | | |
|------------------------|---------------|
| 2 C. bread sponge | 3 eggs |
| 1½ C. sugar | 1 t. soda |
| 1 C. raisins | 1 t. cinnamon |
| 1 C. flour | ½ t. cloves |
| ¾ C. scant, shortening | |

Mix the dry ingredients into the wet and beat well. Let rise 1 hour before baking. Bake in moderate oven.

CARAMELIZED SUGAR CAKE

Mrs. W. F. Coover

- | | |
|-------------|-------------|
| 1½ C. sugar | 2 C. flour |
| ½ C. butter | 2 egg yolks |
| 1 C. water | |

Beat 5 minutes. Add 3 t. caramelized sugar, 1 t. vanilla, ½ C. flour, 4 t. baking powder, rounded, whites of 2 eggs.

BOILED FRUIT CAKE

Mrs. Harry Davis

- | | |
|------------------------|-----------------|
| 1 C. raisins | ½ C. shortening |
| 1 C. currants | ¼ t. salt |
| 1 C. hot water | ½ t. cloves |
| 1 C. light brown sugar | ½ t. cinnamon |

Boil together a few minutes, then cool and add 1 t. soda, 1 t. baking powder, 2 C. flour, 1 egg, vanilla and lemon extract.

BLACK CHOCOLATE CAKE

Mrs. Doty

- | | |
|-----------------|--------------------|
| Yolk of egg | ½ C. sugar |
| ½ C. cold water | 1/3 cake chocolate |

Put these over fire in a double boiler till thickened, then add 2 t. vanilla and let cool.

Cake

- | | |
|-------------|----------------|
| 1 C. sugar | ½ C. sour milk |
| ½ C. butter | 1 t. soda |
| 2 eggs | 2 C. flour |

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Stir chocolate mixture into cake and bake. It adds much to the richness if one C. of chopped nuts be added. Bake in loaf or 2 layers.

DATE CAKE

Mrs. G. C. Roberts

- | | |
|----------------------------------|---------------|
| 1 C. sugar | 1½ C. flour |
| 1 C. stoned and chopped
dates | 1 t. vanilla |
| ½ C. nut meats | 1 T. butter |
| 1 C. boiling water | 1 egg |
| | Pinch of salt |

Sprinkle soda over dates and add boiling water. Let cool and add to other mixture.

DATE CAKE

Mrs. O. P. Rutledge

- | | |
|-------------|----------------|
| 1½ C. dates | 1 C. hot water |
|-------------|----------------|

Pour over dates, let stand while mixing part of cake.

- | | |
|---------------------|------------|
| 1 egg | 1 C. sugar |
| 1 heaping T. butter | 1 t. soda |

Stir in dates and water that is on them. Add ½ C. walnuts, chopped, and about 1½ C. flour.

DARK CAKE

- | | |
|----------------|-----------------------|
| 1 C. sugar | 3 t. soda sifted with |
| 1 C. butter | 2½ C. flour |
| 1 C. molasses | Spices if desired |
| ½ C. sour milk | 1 C. raisins |

DEVILS FOOD CAKE

Cora B. Hoke

- | | |
|-------------------------|-----------------|
| 2/3 C. brown sugar | 2 eggs |
| 2/3 C. grated chocolate | ½ C. sweet milk |
| ½ C. sweet milk | 1 t. soda |
| Boil till wavy | 1 t. vanilla |
| 1 C. sugar | 2 C. flour |
| ½ C. butter | |

Stir in chocolate and bake.

DEVIL'S FOOD CAKE

Mrs. A. B. Maxwell

Cream 1 scant ½ C. butter; to this add 1 C. light brown sugar, beat together about 5 minutes. Into 2 C. pastry flour, put 1 level

t. soda and $\frac{1}{4}$ t. salt. Sift together twice. Take 1 C. brown sugar, $\frac{1}{2}$ C. sweet milk and 6 level t. cocoa; mix in a sauce pan and heat together to the boiling point. Take $\frac{1}{2}$ C. sweet milk and alternate flour and milk into butter, sugar and egg yolks (3), and last add the cocoa mixture, flavor with vanilla. Put in cool oven increasing heat, bake about 45 minutes.

DEVILS FOOD CAKE

Mrs. H. T. Stillman

- | | |
|-------------------------------------|----------------------------|
| 1 sq. chocolate dissolved | $\frac{1}{2}$ C. sour milk |
| $\frac{1}{2}$ C. boiling water, add | Butter size of walnut |
| 1 t. soda | Pinch of salt |
| 1 egg | 1 t. vanilla |
| 1 C. sugar | $1\frac{1}{2}$ C. flour |

Cream butter and sugar, add egg yolk, then chocolate mixture, vanilla and then milk, add flour. Beat egg white and fold in.

DEVILS FOOD CAKE

Mrs. R. C. Goble

- | | |
|----------------|-------------------------|
| 1 C. sugar | 1 t. soda |
| 3 T. butter | $1\frac{2}{3}$ C. flour |
| 6 T. chocolate | Yolks of 2 eggs |
| 1 C. milk | Pinch of salt |

Cream butter and sugar, add yolks, milk, then soda and flour sifted together, dissolve chocolate in a little hot water and add last.

DEVILS FOOD CAKE

Mrs. Fred Davis

- | | |
|-------------------------|--------------------------|
| $\frac{1}{2}$ C. butter | 1 C. water |
| $1\frac{1}{2}$ C. sugar | 1 level t. soda |
| 3 eggs | 2 T. chocolate |
| 2 C. flour | $\frac{1}{2}$ t. vanilla |

Cream butter and sugar, add eggs unbeaten, stir well. Dissolve chocolate in $\frac{1}{2}$ water; cool before using. Add remaining water with soda, flour and vanilla.

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RED DEVILS FOOD CAKE

Mrs. R. H. Brannberg

- | | |
|-------------------------|--|
| 1 C. sour cream | 3 egg yolks |
| 2 C. sugar | |
| Beat. | |
| 1 C. flour | $\frac{1}{4}$ cake chocolate, shaved and dissolved in $\frac{1}{2}$ C. boiling water |
| Beat. | |
| $\frac{1}{2}$ t. cloves | $\frac{1}{4}$ t. salt |
| 1 t. vanilla | |

Add to $1\frac{1}{4}$ C. flour, 2 level t. soda and $\frac{1}{2}$ t. baking powder, and sift 3 times; add to cake mixture and beat hard. Beat in the whites of 3 eggs well beaten.

DEVIL'S FOOD CAKE

*Mrs. Geo. A. Blohm**First Part*

- | | |
|-----------------------------|--|
| 1 C. brown sugar | Yolks of 3 eggs |
| $\frac{1}{2}$ C. butter | 1 t. vanilla |
| $\frac{1}{2}$ C. sweet milk | 1 scant t. soda dissolved in hot water |
| 2 C. flour | |

Second Part

- | | |
|-----------------------|-----------------|
| 1 C. grated chocolate | 1 C. sweet milk |
| 1 C. brown sugar | |

Mix the second part, set on the stove and heat but do not boil. Add the first and bake in a moderate oven.

Filling

- | | |
|-------------------------|-----------------------|
| 2 C. brown sugar | $\frac{1}{2}$ C. milk |
| $\frac{1}{2}$ C. butter | |

Boil until it forms a soft ball in cold water.

MOIST DEVILS FOOD

Mrs. O. H. Hawley

- | | |
|-----------------------------|----------------|
| 1 C. sugar | 1 egg |
| $\frac{3}{4}$ C. milk | 1 t. vanilla |
| 4 sq. melted chocolate | 1 C. flour |
| $\frac{1}{4}$ C. shortening | 1 t. soda, in |
| 1 t. salt | 3 T. hot water |

Use half cocoa for brown stone front.

CHEAP DEVILS FOOD

Mrs. Alvin Lewis

- | | |
|--------------------------------|----------------------------|
| $\frac{1}{4}$ C. butter, scant | $\frac{1}{3}$ C. sour milk |
| 1 C. sugar | 1 t. soda |
| 2 sq. chocolate, melted | 1 t. vanilla |
| 2 lightly beaten eggs | 1 heaping C. flour |
- After beating, add $\frac{1}{2}$ C. boiling water.

CHOCOLATE FUDGE CAKE

Mrs. W. F. Coover

Cream $\frac{1}{2}$ C. butter. Add gradually 1 C. sugar, then 2 squares grated chocolate, the beaten yolks of 2 eggs, $\frac{3}{4}$ C. flour, 1 t. vanilla, whites of 2 eggs and 1 C. nuts. Bake in pan about $9\frac{1}{2} \times 5\frac{1}{2}$. Cut in squares.

CAKE OR PUDDING

Mrs. Chris J. Christensen

- | | |
|------------|----------------------------|
| 1 egg | $\frac{1}{2}$ C. sour milk |
| 2 T. cocoa | 1 T. butter |
- Cook this until it comes to a boil. Then add
- | | |
|----------------------------|-------------------------|
| 1 C. sugar | $\frac{1}{2}$ t. BP. |
| $\frac{1}{2}$ C. sour milk | $1\frac{1}{2}$ C. flour |
| 1 t. soda | |

Bake in moderate oven. If wanted for cake frost, or if wanted for pudding use following dressing:

- | | |
|-------------------------|-----------------------------|
| 1 C. sugar | Butter the size of a walnut |
| $\frac{1}{2}$ C. flour | 1 t. lemon and vanilla |
| $1\frac{1}{2}$ C. water | |

Cook and when cold add pineapple, dates, nuts and serve with whipped cream.

DUTCH CHOCOLATE CAKE

Mrs. R. S. Stephenson

- | | |
|-------------------------|--------------------------|
| $1\frac{1}{2}$ C. sugar | 1 heaping t. BP. |
| $\frac{1}{2}$ C. butter | 4 eggs beaten separately |
| $\frac{1}{2}$ C. milk | 6 T. grated chocolate |
| $1\frac{3}{4}$ C. flour | 5 T. hot water |

Melt chocolate and mix in order given.

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CHOCOLATE LOAF CAKE

Mrs. W. H. Jameson

- | | |
|-----------------------------|-----------------|
| 2 C. sugar | 4 eggs |
| 1/2 C. butter | 1 C. sweet milk |
| 5 T. boiling water | 2 C. flour |
| 2 squares Baker's chocolate | 2 t. BP. |

Cream butter and sugar, dissolve chocolate in boiling water; stir it while hot into creamed butter and sugar; add beaten yolks and milk; then sifted flour and BP., last stiffly beaten whites. Bake in moderate oven.

CHOCOLATE CAKE

Mrs. C. E. Wygant

- | | |
|-------------------------|---------------------------------|
| 1 C. sugar | 1 1/2 C. flour |
| Butter size of egg | 1 t. BP. |
| 1 egg well beaten | Lastly add 1 1/2 squares melted |
| 1 C. sour milk or cream | chocolate |
| Scant 1/2 t. soda | |

Bake in slow oven.

Icing

- | | |
|---------------------|-------------|
| 2 C. powdered sugar | 1 T. butter |
|---------------------|-------------|

Cream together. Thin with cream. Add vanilla to taste. Add 1 1/2 squares melted chocolate last. Put on cake.

CHOCOLATE FRUIT CAKE

Daisy Ann Johnson

- | | |
|-------------------|-----------------------------|
| 1/3 C. butter | 1/4 t. salt |
| 1 C. sugar | 1/3 C. cherries |
| 1/4 C. cocoa | 1/3 C. raisins and currants |
| 3 egg yolks | 1/3 C. walnuts |
| 1/2 C. cold water | 3 egg whites |
| 1 1/4 C. flour | Citron |
| 3 t. BP. | 1 t. vanilla |
| 1 t. cinnamon | |

Bake 1 hour in moderate oven. Line pan with oiled paper.

COFFEE CAKE

Mrs. Harry Bickelhaupt

- | | |
|-------------------------|-----------------------------|
| 1 C. strong cold coffee | 2 1/2 C. flour |
| 1 C. butter | 1 t. each cinnamon, cloves, |
| 1 C. raisins | nutmeg and soda |
| 1 1/2 C. sugar | 2 eggs |

CHOCOLATE POTATO CAKE

Mrs. H. W. Warner

- | | |
|-------------------------|----------------------|
| 2/3 C. butter | 1 C. English walnuts |
| 2 C. sugar | 2 1/4 C. flour |
| 4 egg yolks | 3 t. BP. |
| 1 C. hot mashed potato | 1/2 t. cinnamon |
| 1/2 C. sweet milk | 1/2 t. cloves. |
| 1/3 C. melted chocolate | Whites 4 eggs |

Cream butter; add sugar, egg yolks, milk, potatoes, and chocolate. Beat well for 2 minutes. Mix and sift dry ingredients and gradually add to first mixture. Add chopped nuts. Cut and fold in whites. Bake in tube pan 45 minutes.

CHOCOLATE CAKE

Mrs. A. B. Crawford

- | | |
|------------------|-------------------------|
| 1 1/2 C. sugar | 2 C. sifted flour |
| 1/2 C. butter | 2/3 C. shaved chocolate |
| 2 eggs | 1 t. vanilla |
| 1 t. soda | 1/2 C. boiling water |
| 1/2 C. sour milk | 1 t. BP. |

Cream butter, sugar and egg yolks, melt chocolate in the boiling water and add. Sift dry ingredients together, then milk and flour alternately; lastly, fold in beaten whites.

Filling

- | | |
|--------------|------------------|
| 1/2 C. sugar | 2 T. chocolate |
| 1/2 C. water | 1 t. corn starch |
- Mix and boil until smooth. Use any kind of icing desired.

CHOCOLATE CAKE

Mrs. A. T. Erwin

- | | |
|----------------|---------------------|
| 1 egg | 1 1/2 C. flour |
| 1 C. sugar. | 2 squares chocolate |
| Beat together | 5 T. melted butter |
| 1 C. sour milk | A few nuts |
| 1 t. soda | |
- Bake rather slowly.

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CHOCOLATE NUT CAKE

Mrs. Alexander Henderson

- | | |
|-----------------|-------------------------|
| 1 C. butter | 1 C. raisins |
| 1½ C. sugar | 1 C. nuts |
| ½ C. sweet milk | 5 t. boiling water |
| 4 eggs | 1 t. vanilla |
| 2 C. flour | 2 oz. Baker's chocolate |
| 2 t. BP. | |

Dissolve the 2 oz. of chocolate in the boiling water. Cream butter and sugar, add the yolks beaten; then add chocolate; ½ C. milk and the flour and baking powder, nuts, raisins, and flavoring and then the whites of eggs beaten stiff. Bake in loaf and cover with any desired frosting.

DEVILS FOOD CAKE

Mary Ghrist

- | | |
|----------------------------|-----------------|
| 1/3 cake Baker's chocolate | ¾ C. sweet milk |
| 1 C. sugar | |

Melt chocolate over warm water, do not let water boil as boiling water too long will cook the chocolate and make it stiff. Just let chocolate melt, add sugar and stir well. Add milk slowly stirring constantly. Allow to stand until Part II is ready.

Part II

- | | |
|---------------------------|--------------|
| 1 C. sugar | 1 t. salt |
| ¾ C. butter | 1 t. soda |
| ¾ C. sour milk, clabbered | 2 t. BP. |
| 1 t. vanilla | 2 ¾ C. flour |
| 3 eggs | |

Mix this part according to plain cake method. Mix the two parts until blended. Bake in loaf 40 to 60 minutes in moderate oven.

DEVILS FOOD CAKE

Mrs. Engledinger

- | | |
|-----------------------|-----------|
| ¾ C. grated chocolate | ½ C. milk |
|-----------------------|-----------|
- Cook together until thick. Add 1½ t. vanilla. Let cool before adding to cake.

Cake

- | | |
|--------------------------|--------------------------------------|
| 1½ C. sugar | 1 small t. soda dissolved in milk |
| ½ C. butter | |
| 3 eggs beaten 20 minutes | 1¾ C. flour (measure before sifting) |
| ½ C. milk | |
| 1 t. vanilla | |
- Bake in a loaf.

DEVILS FOOD CAKE

Elvira N Atkinson

- | | |
|-----------------------------|-------------------------|
| $\frac{3}{4}$ C. shortening | 1 C. buttermilk |
| 2 yolks | 1 t. vanilla |
| 2 whole eggs | 2 C. flour |
| $1\frac{1}{2}$ C. sugar | 2 T. hot water in which |
| $\frac{1}{2}$ C. cocoa | dissolve 1 t. soda |

Cream shortening and sugar, add beaten eggs, buttermilk, flour, cocoa, vanilla, and lastly the soda dissolved in hot water. Use the two extra egg whites for icing.

FISHER VELVET CAKE

Mary Ghrist

- | | |
|-------------------------|----------------------------------|
| 2 eggs | $\frac{2}{3}$ C. sugar |
| $\frac{1}{3}$ C. milk | 2 T. water |
| $\frac{1}{3}$ C. butter | $\frac{1}{4}$ t. vanilla extract |
| $1\frac{1}{3}$ t. BP. | $\frac{1}{4}$ t. lemon extract |
| $1\frac{1}{3}$ C. flour | |

Sift flour once before measuring. Add baking powder and sift three times. Cream butter and sugar until frothy; beat egg yolks until thick and lemon colored, then beat into the sugar and

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butter. Whip the whites of eggs until stiff, then whip into the mixture. Pour milk and water in, sift in flour, add extract and beat until smooth. Bake in medium sized loaf pan 45 minutes. If baked in a shallow pan or layers, $\frac{1}{3}$ C. flour should be added.

ENGLISH WALNUT CAKE

Mrs. Benbrook

1 $\frac{1}{3}$ C. sugar	2 C. flour
2 $\frac{2}{3}$ T. melted butter	2 t. BP.
$\frac{2}{3}$ C. sweet milk	

Mix sugar and butter, then the flour and milk gradually. Sift baking powder with flour. Add the beaten whites of 3 eggs, last $\frac{2}{3}$ C. nuts. Any plain icing may be used.

FUDGE CAKE

Cora B. Hoke

1 C. sugar	1 level t. soda
$\frac{1}{2}$ C. butter	2 sq. melted chocolate
$1\frac{1}{2}$ C. flour	1 t. vanilla
2 eggs	$\frac{2}{3}$ C. chopped nuts
1 C. sour milk	

HOT MILK CAKE

Mrs. L. A. Young

2 eggs	$\frac{3}{4}$ t. lemon extract
1 C. flour	1 t. BP.
1 C. sugar	$\frac{1}{2}$ C. boiling milk
1 t. butter	

Beat eggs well, add sugar, flour, mixed and sifted with baking powder. Add hot milk with butter melted in it and flavoring.

IMPERIAL CAKE

Mrs. A. S. Welch, First Dean of Home Economics, I. S. C.

Mrs. Herman Knapp

1 lb. sugar	Grated rind and juice 1 lemon
1 lb. butter	1 lb. flour
Beaten yolks 10 eggs	

Whites of 10 eggs, beaten stiff, then add:

1 lb. almonds, blanched and split	$\frac{1}{2}$ lb. citron, shredded
$\frac{1}{2}$ lb. raisins	These dredged in 2 lbs extra flour
1 t. each of pectarin and rosewater in 2 T. water.	Bake in slow oven 1 hour.

HICKORY NUT CAKE

Mrs. C. F. Davis

- | | |
|------------------------|------------------------|
| 1½ C. pulverized sugar | 2 t. BP. |
| ½ C. butter, scant | Sifted in 2 C. flour |
| ¾ C. sweet milk | 1 C. hickory nut meats |

Whites of 4 eggs beaten light and added last. Cream sugar and butter. Roll nut meats in flour.

HICKORY NUT CAKE

Mrs. A. B. Crawford

- | | |
|-------------|-------------------|
| 2 C. sugar | 1 C. milk |
| ½ C. butter | 6 whites of eggs |
| 2½ C. flour | 1 C. hickory nuts |
| 1 t. BP. | |

Cream butter and sugar, sift flour and baking powder, beat whites with a little salt, add to butter and sugar, then milk, and flour alternately.

MOLASSES CAKE

Mrs. O. L. Yeomans

- | | |
|---------------|-----------------------|
| 1 C. molasses | 1 T. ginger |
| 1 C. sugar | 1 t. cinnamon |
| 1 C. butter | ½ t. allspice |
| 3 C. flour | 1 level t. soda in |
| 3 eggs | 1 C. sweet milk, last |

MOLASSES CAKE

Mrs. J. A. Wilkinson

- | | |
|-------------|--------------------|
| ½ C. butter | 1 t. salt |
| 2 T. sugar | 1 egg |
| 2 C. flour | 1 C. molasses |
| 1 t. soda | 1 C. boiling water |
| 1 t. ginger | |

Stir butter and sugar, then add dry ingredients and egg yolks. Add water and beat well. Last add white of egg beaten stiff.

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SOFT MOLASSES CAKE

Mrs. O. H. Hawley

- | | |
|-----------------|-----------------------|
| 1/4 C. sugar | 1/2 C. hot water |
| 1/2 C. molasses | 4 T. melted butter or |
| 1 egg | butter substitute |
| 1 t. salt | 1 1/2 t. cinnamon |
| 1 t. soda | 2 1/2 C. flour, cook |

NUT CAKE

Mrs. P. S. Shearer and Mrs. Harry Bickelhaupt

- | | |
|-------------------|---------------------------------|
| 1/2 C. butter | Whites of 4 eggs |
| 1 1/2 C. sugar | 1 C. nut meats |
| 3/4 C. sweet milk | 1 t. lemon or vanilla flavoring |
| 2 C. flour | 1 t. almond flavoring |
| 1 1/2 t. BP. | |

Mix as for standard white cake.

NUT LOAF CAKE

Mrs. C. Sorenson

- | | |
|-------------------|---------------------------|
| 1 1/2 C. sugar | 2 t. BP. |
| 1 C. sweet milk | 1 t. vanilla |
| 1 C. nuts chopped | 4 egg whites beaten stiff |
| 2 C. flour | (fold in last) |

Bake in loaf.

NUT CAKE

Mrs. M. Mortensen

- | | |
|---------------------|------------------|
| 1 1/2 C. sugar | 2 t. BP. |
| 1/2 C. butter | 4 egg whites |
| 1 1/2 C. sweet milk | 2/3 C. nut meats |
| 2 2/3 C. flour | |

Bake 45 minutes.

ORANGE CAKE

Mrs. M. Mortensen

- | | |
|-------------------|---------------------------|
| 3 C. pastry flour | Juice of 1 orange in 1 C. |
| 3 t. BP. | filled with water or milk |
| 1/2 C. butter | Rind of 1 orange |
| 1 1/4 C. sugar | Whites of 2 eggs |
| Yolks of 3 eggs | |

Orange Cream Filling

- | | |
|---------------------------|-------------------|
| 2 C. confectioner's sugar | Juice of 1 orange |
| White of 1 egg | |

Put egg and orange in bowl, add sugar gradually. Beat until creamy, spread on cake when cold.

ONE EGG CAKE

Mrs. D. A. Bigelow, Mrs. M. C. Bacon, Mrs. Herman Knapp

1 egg	2 C. flour
1 C. sugar	1 C. milk
Butter size of large egg	2 t. BP.

Mrs. ROGERS' PRUNE CAKE

Mrs. F. H. Waters

1 C. sugar	1 $\frac{3}{4}$ C. flour
$\frac{3}{4}$ C. butter	1 C. chopped cooked prunes
3 eggs	1 t. vanilla
4 T. sour cream	Spices to taste
1 t. soda	

Cream butter and sugar, add soda to sour cream and mix with sugar and butter. Add well beaten eggs, prunes, vanilla, then flour which has been mixed with spices. Beat well and cook in moderate oven. Excellent for school lunch.

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PATTERN CAKE

Florence Busse

- | | |
|---------------|------------------|
| 1/3 C. butter | 1 3/4 C. flour |
| 1 C. sugar | 2 1/2 t. BP. |
| 2 eggs | 1/4 t. salt |
| 2/3 C. milk | Lemon or vanilla |

POTATO CAKE

Mrs. W. J. Schlick

- | | |
|-------------|---------------|
| 2 C. sugar | 1 t. cinnamon |
| 1 C. butter | 1/2 t. cloves |
| 3 eggs | 2 C. flour |
| 1 C. milk | 2 t. BP. |

1 C. chopped nuts

Bake 45 minutes. Do not remove from pan until cold.

QUICK CAKE, "LIKE MOTHER USED TO MAKE"

Mrs. Escott Hicks

Put into a bowl and beat all together the following:

- | | |
|----------------------|------------------------------|
| 1/3 C. soft butter | 3 t. BP. |
| 1 1/3 C. brown sugar | 1/2 t. cinnamon |
| 2 eggs | 1/2 t. grated nutmeg |
| 1/2 C. milk | 1/2 lb. dates stoned and cut |
| 1 3/4 C. flour | to pieces |

If baked according to directions this makes a delicious cake, but ingredients must not be added separately or it will not prove a success.

RAISIN CAKE

Mrs. Harry Brown

- | | |
|-----------------------------|----------------------|
| 1 C. sugar | 1 C. chopped raisins |
| 1 C. molasses | 3 C. flour |
| 1 C. butter or fat | 1 t. cinnamon |
| 1 C. boiling water, pour on | 1 t. cloves |
| 1 T. soda | 1 t. nutmeg |
| 2 eggs | |

SOUR CREAM CAKE

Mrs. S. A. Knapp

Drop 1 egg into a cup; fill cup with sour cream.

- | | |
|----------------|-------------|
| 1 C. sugar | 1/2 t. soda |
| 1 1/2 C. flour | |

Put all into a mixing bowl and beat until smooth. Bake in a moderate oven until firm to the touch.

RAISIN CAKE (Fine)

- | | |
|--|--------------------|
| 1 egg | 1½ C. raisins |
| Put raisins on fire and let boil 20 minutes, using 2 C. boiling water. Drain off ¾ C. water and save for liquid. | |
| ¾ C. sugar | Few grains of salt |
| ¼ C. butter | 1½ t. of cinnamon |
| 1½ C. flour | ½ t. cloves |
| 1 t. soda added to raisin water | ½ t. nutmeg |
| | ½ C. nuts |
| 1 t. BP. | |

SPICE CAKE

Mrs. R. T. Jeffrey

- | | |
|--|--------------------|
| ¾ C. butter and lard,
(creamed) | 2 C. sugar |
| Beat the whole of 3 eggs in good, add: | |
| 1½ C. sour milk | 1 t. nutmeg |
| 3 scant C. flour | 1 rounding t. soda |
| 2 level t. cinnamon | Pinch of salt |
| 1 level t. cloves | |

Boiled frosting flavored with lemon extract.

RAISIN CAKE

- | | |
|---|----------------------|
| 1 egg | 1½ C. flour |
| 1 C. sugar | 1½ C. seeded raisins |
| ¼ C. butter | |
| Boil raisins 20 minutes. Take ½ C. juice. Dissolve in it 1 t. soda. Add to batter. Add: | |
| ½ t. nutmeg | 1 t. cinnamon |
| ½ t. cloves | |

Stir in cooked raisins last and 1 C. of nut meats if desired.
Bake about 45 minutes.

SUNSHINE CAKE

Mrs. C. F. Curtiss

- | | |
|---------------------|----------------------|
| 1¼ C. sugar | ¼ t. salt |
| ½ C. water | ½ t. cream of tartar |
| Boil until threads. | |

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Beat the whites of 6 eggs with salt and cream of tartar, beat very stiff, pour on boiling sugar, let cool, fold in well beaten yolks and 1 C. pastry flour. Flavoring.

SPICE CAKE

Mildred Dodds

- | | |
|----------------------------------|--------------------------|
| 2 C. brown sugar | 1 t. soda |
| 2½ C. flour | 3 eggs |
| 1 C. sour milk | 1 t. cloves and cinnamon |
| ½ C. butter or butter substitute | 1 C. raisins |
| | 1 C. nuts |

Put all dry ingredients together, all the liquids together, add the liquids to the dry, adding melted butter last. Makes two layers or 1 large loaf.

MOLASSES COCOANUT CAKE

Mrs. Frank Brokaw

- | | |
|--|---------------------------------------|
| 1 C. brown sugar | 1 C. raisins |
| Yolks of 2 eggs | 1 C. water |
| ½ C. lard and butter mixed | 1 t. soda dissolved in a little water |
| 1 C. molasses | Flour to make medium batter |
| 1 t. each of cinnamon, nutmeg and cloves | |

Bake in a slow oven. Frosting of the whites of the 2 eggs. Cover with cocoanut.

JAM CAKE

Mrs. J. I. Mathre

- | | |
|------------------------------------|--------------------------------|
| 1 C. light brown sugar | 2 C. flour |
| ½ C. butter | 1 t. soda |
| 3 eggs | 1 t. cinnamon |
| 1 C. jam or part jam and part jell | ½ t. cloves |
| | 2/3 C. sour milk or buttermilk |

A CHEAP SPICE CAKE

Mrs. Geo. Graham

- | | |
|----------------|--------------------------|
| 1 C. sugar | 2 t. BP. |
| 2 eggs | 1 heaping C. flour |
| 1/3 C. butter | ½ t. allspice and nutmeg |
| ½ C. sour milk | 3 T. cocoa |
| ½ t. soda | |

After all is mixed together, stir in ½ C. boiling water. Bake in a moderate oven.

BROWN SPICE CAKE

Gertrude N. Morris

- | | |
|----------------------|-----------------------------|
| 2 C. sugar | 1 t. each, cloves, cinnamon |
| 1/2 C. butter, scant | and allspice |
| 1 C. sour milk | 1 t. soda |
| 3 eggs | 1 C. raisins |
| 2 C. flour | 1/2 C. nuts |

PRUNE CAKE

- | | |
|-----------------------------|--------------------|
| 2 C. flour (unsifted) | 1/2 C. prune juice |
| 1 C. sugar | 1 t. cinnamon |
| 4 T. butter | 1/2 t. nutmeg |
| Yolks 2 eggs | Pinch of cloves |
| 1 C. cooked, chopped prunes | 1 t. soda |

SPICE CAKE

Mrs. F. L. Johnson

- | | |
|--|------------------------------------|
| 1 C. syrup made from light brown sugar, use while warm | 1 C. sour milk |
| 1 C. light brown sugar | 2 t. soda |
| 3/4 C. Crisco or butter | 1 t. cinnamon, nutmeg and allspice |
| 2 egg yolks (use whites for frosting) | 1/2 t. ginger and cloves |
| | 3 C. flour |

POP-DOODLE

Alda Wilson

- | | |
|------------|-------------------|
| 1 egg | 1 t. salt |
| 1 C. sugar | 2 t. BP. |
| 1 C. milk | 1 C. chopped nuts |
| 2 C. flour | |

Beat egg, add sugar, milk and dry ingredients as for cake. Add 1/2 of nuts. Pour batter into dripping pan and cover top with 1/2 inch of brown sugar, 1/4 C. nuts and cinnamon. Bake in moderate oven about 30 minutes.

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DEVILS SPICE CAKE

Mrs. J. G. Hummel

- | | |
|------------------------|-----------------------------|
| 1/2 C. butter | 1 C. cold water |
| 2 C. sugar | 1 sq. chocolate, melted |
| 3 C. sifted flour | 4 egg whites |
| 3 level t. BP. | 1 t. each vanilla and lemon |
| 1/2 t. ground cloves | extracts |
| 1/2 t. ground cinnamon | |
- Bake in moderate oven.

SPICE CAKE

Mrs. Clyde Kintzley

- | | |
|-------------------------------|------------------------|
| 1 C. brown sugar | 1 C. sour milk |
| 1 egg | 1 C. chopped nut meats |
| 1 t. soda | 1/2 C. melted butter |
| 1 C. chopped dates | 1 1/2 C. flour |
| 1 t. each cinnamon and cloves | |

Beat eggs and mix with sugar; add milk in which the soda has been dissolved; add spices and flour. Stir in the dates and nut meats and the last thing stir in the melted butter. Bake in a moderate oven 45 minutes.

SUNSHINE CAKE

Mrs. R. H. Brannberg

Separate 6 large eggs and add 1/4 t. salt to the whites and 1 t. vanilla to the yolks. Beat the whites until frothy and add 1 t. cream tartar and beat very light but not dry; add 1 C. sugar that has been sifted 1/4 at a time. Now add the yolks beaten creamy. When all stirred thru, fold in 1 C. Swan's Down Cake flour that has been sifted 5 times.

SUNSHINE CAKE

Mrs. H. R. Long

Cream together 1 C. sugar and 4 yolks and 1 whole egg. Add 4 T. boiling water 1 C. flour with 1 t. baking powder and 1 t. vanilla. Add white of eggs last.

SUNSHINE CAKE

Edna Brown

- | | |
|-------------------|---------------------|
| 7 egg whites | 2/3 C. flour |
| 5 egg yolks | 1/3 t. cream tartar |
| 1 C. sifted sugar | Pinch of salt |

Sift flour four or five times. Measure and set aside. Beat yolks thoroly. Add salt to the whites and beat about half. Add

cream of tartar and beat until very stiff. Stir in sugar lightly then beaten yolks. Add flour. Put in tube pan and bake in moderate oven.

WHITE FRUIT CAKE

Mrs. G. L. Caswell

- | | |
|--------------|----------------------------|
| 2 C. sugar | 2 even t. BP. |
| 1 C. butter | 1 lb. each seeded raisins, |
| 7 egg whites | blanched almonds and figs |
| 2½ C. flour | ¼ lb. citron |
| 1 C. milk | 1 C. cocoanut |
- Bake 2 hours.

SPONGE CAKE

Mrs. I. E. Melhus

- | | |
|-----------------------|-----------|
| 4 eggs, separate | 2 t. BP. |
| 2 C. granulated sugar | ¼ t. salt |
| 2 C. flour | Flavoring |

Add sugar gradually to the yolks of eggs, then flour, baking powder and salt, whites of eggs. Lastly 1 C. boiling water gradually.

VELVET SPONGE CAKE

Mrs. L. G. Rosenfeld

2 eggs beaten until thick and lemon colored. Continue beating while you add 1 C. sugar gradually and 1 t. lemon extract, 1 C. flour and 1 heaping T. baking powder, well sifted together; ½ C. boiling water beaten in quickly at last. Bake in a moderate hot oven in a buttered pan.

WHITE CAKE WITH CHOCOLATE ICING

Mrs. E. E. Little

- | | |
|-------------|------------------|
| 2 C. sugar | 3 level t. BP. |
| ½ C. butter | Whites of 5 eggs |
| 1 C. milk | 1 t. flavoring |
| 3 C. flour | |

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Icing

1 C. sugar

Yolk of egg

1 heaping T. cocoa and milk
to moisten well

Cook slowly until it begins to thicken slightly; remove from stove; beat until creamy and add 1 t. vanilla.

WHITE CAKE

2 C. sugar

 $\frac{1}{2}$ C. butter packed solid

1 C. cold water

 $2\frac{1}{2}$ C. pastry flour

2 t. BP.

Whites of 4 eggs, beaten
very stiff

1 t. rose, almond or lemon

Sift flour and sugar 4 times, add baking powder to flour.

LARGE WHITE CAKE

Mrs. C. Sorenson

2 C. sugar

4 egg whites, beaten

1 C. sweet milk

1 C. butter

2 heaping t. BP.

 $\frac{1}{4}$ t. salt $\frac{1}{2}$ t. lemon $\frac{1}{2}$ t. vanilla

3 C. flour

Cream sugar and butter, add milk and extracts, beat until smooth, sift in flour with baking powder, beat well, then fold in beaten egg whites.

LARGE WHITE CAKE

Whites of 4 eggs beaten stiff

 $\frac{1}{2}$ C. butter or white
substitute $1\frac{1}{2}$ C. sugar1 C. sweet milk
3 t. BP.

Add flour, beat well and bake in quick oven

WHITE CAKE

Mrs. W. J. Semmons $1\frac{1}{2}$ C. pulverized sugar $\frac{1}{2}$ C. butter $\frac{1}{2}$ C. water

Whites of 5 or 6 eggs

2 small C. pastry flour

2 or $2\frac{1}{2}$ t. BP. (sift well)

Flavor to suit the taste

This cake if baked in a large loaf is very light and of fine texture.

WHITE CAKE

Mrs. W. S. Burton

1 C. sugar

1 T. butter

1 C. milk

1 egg

2 C. flour

2 t. BP.

Filling

The grated rind of half an orange and juice of one orange, beaten yolk of 1 egg, small amount of cornstarch, $\frac{1}{2}$ C. sugar. Boil until creamy, cool and use between layers and on top if desired.

WHITE CAKE

Mary Ghrist

Place whites of 2 eggs in large tumbler. Add enough butter to fill glass half full. Fill the glass up with sweet milk. Put in mixing bowl with 1 C. sugar, $1\frac{1}{2}$ C. flour, 1 t. flavoring, 2 t. baking powder, not level but rounding. Beat 5 minutes. Good either as loaf or layer cake. Bake about 45 minutes in small loaf. Swan's Down cake flour is best.

WHITE FRUIT CAKE

Alice Kennan

Prepare $\frac{1}{2}$ C. seeded raisins, $\frac{1}{4}$ C. fine sliced citron, $\frac{1}{2}$ C. blanched chopped almonds and dredge them with 1 T. flour taken from the 2 C. required for the cake. Cream $\frac{1}{2}$ C. butter, add, and cream 1 C. sugar. Beat until foamy the whites of 4 eggs, sift and measure 2 C. flour and after taking out the 1 T. add 3 level t. baking powder and sift over the butter mixture. Add $\frac{1}{2}$ C. milk. Stir and beat until smooth and velvety, then add the floured fruit and stir lightly. Line a loaf cake pan with a thickness of paper, over that another thickness which has been well brushed with unsalted fat, and bake $1\frac{1}{2}$ hours in moderate oven covering the top with a greased paper the first hour.

WEARY WILLIE CAKE

Sarah Ingersoll, Marengo, Ill.

$1\frac{1}{2}$ C. flour	$\frac{1}{4}$ C. butter
$1\frac{1}{2}$ t. BP.	$\frac{1}{2}$ C. milk
1 C. sugar	1 t. vanilla
2 whites of eggs	

Sift flour and baking powder 3 times, put into warm bowl and mix in sugar. Into a measuring cup put the unbeaten whites, add small pieces of soft, not melted butter up to $\frac{1}{2}$ mark, and fill up with milk. Turn this into the bowl and beat all together steadily 7 minutes. Add vanilla. Bake in a square tin about 8 x 8 in rather a slow oven for 30 minutes.

LAYER CAKES

APPLE CAKE

Edna Brown

2 eggs	1 C. milk
1/2 C. butter	2 C. flour
1 C. sugar (heaping)	2 t. BP.

Bake in layers.

Filling

Beaten white of 1 egg, 1/2 C. powdered sugar and 1 grated apple. Put sugar over apple as grated to prevent apple turning color.

BURNT CARAMEL CAKE

Mrs. J. F. Textrum

1/2 C. sugar burnt until quite dark. Add 1/2 C. boiling water. Cook until it forms a syrup, then set aside to cool. Beat together 1 1/2 C. sugar and 2/3 C. butter until creamy. Beat the whites of 2 eggs separately, add the yolks and 1 C. cold water. Mix the syrup to the creamed butter and sugar thoroly. Sift

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3 C. flour 3 times, add $\frac{1}{2}$ of it and beat well, add the other $\frac{1}{2}$ and beat again, sift 1 t. soda with a little of the flour and add it and the whites of eggs and 1 t. vanilla and beat again. Mix either into loaf or layers.

BURNT SUGAR CAKE

Mrs. C. H. Jensen

$1\frac{1}{2}$ C. sugar rubbed to a cream with $\frac{1}{2}$ C. butter, then add yolks of 3 eggs beaten well. Put in 2 T. of burnt sugar syrup. Mix well. Add 1 C. cold water, 2 C. flour, 2 t. baking powder. Then add the whites of 3 eggs well beaten.

Frosting

1 T. burnt sugar syrup	1 t. vanilla
1 T. sweet cream	1 C. pulverized sugar

Put on cake while hot.

FRENCH CHOCOLATE CAKE

Mrs. Gooseman

Cook 1 C. sweet milk and 2 oz. chocolate or 3 T. cocoa. Add 1 C. milk and 1 t. soda. Cream 2 C. sugar, $\frac{2}{3}$ C. butter and yolks of 2 eggs and add to above mixture. Sift $2\frac{2}{3}$ C. flour and 1 t. baking powder and add last. Use egg whites for frosting. Delicious if baked in 2 layers and use marshmallow frosting.

DATE CAKE

Mrs. Geo. Graves

1 C. brown sugar	1 lb. chopped dates
$\frac{1}{2}$ C. butter	1 C. English walnuts
2 eggs	1 grated lemon rind
$\frac{1}{2}$ C. sour milk	1 level t. soda
1 t. vanilla	2 C. flour

Bake in two layers in moderate oven. Use white frosting

DEVILS FOOD CAKE

Ada Scott

1 C. sugar	$\frac{1}{2}$ C. cocoa
$\frac{1}{2}$ C. butter	2 C. flour
2 eggs	1 T. soda
1 C. sour milk	

Mix and sift dry ingredients. Cream butter and sugar well.

Add beaten eggs and beat well. Add sour milk and dry ingredients. Bake in 2 layer cake pans 25 minutes.

CHOCOLATE CAKE

Mrs. R. A. Pearson

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. milk
$1\frac{1}{2}$ C. sugar	$1\frac{3}{4}$ C. flour
4 eggs	1 t. vanilla
2 oz. chocolate melted in	1 heaping t. BP.
5 T. boiling water	

Beat butter to a cream. Add sugar gradually beating all the while. Add yolks of eggs and beat, then milk, then chocolate melted in water, and then flour. Give whole a vigorous beating. Fold in whites of eggs beaten stiff, add vanilla and baking powder and mix lightly. Bake 45 minutes. Makes a large cake, very light and tender. Bake in 2 layers or angel cake pan.

DEVILS FOOD

Mrs. Geo. Graves

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. boiling water
1 C. dark brown sugar	1 t. soda
1 C. light brown sugar	$\frac{1}{2}$ C. cocoa
2 eggs	1 t. vanilla
3 C. cake flour	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ C. sour milk	

Cream butter add 1 C. sugar gradually. Cream mixture thoroughly. Beat eggs until light. Add the other cup of sugar to eggs, mixing well; add egg mixture to creamed butter and sugar and beat hard. Sift flour and salt 3 times. Then add to first mixture, alternating with sour milk beating hard after each addition. Stir soda and cocoa to boiling water and add to cake. Add vanilla. Bake in 3 layers in moderate oven.

DEVILS FOOD CAKE

Mrs. C. W. Akin

1 C. light brown sugar	1 C. milk
1 C. white sugar	2 C. flour
1 C. butter	2 heaping t. BP.
3 eggs	2 heaping T. cocoa
1 level t. soda dissolved in	1 t. vanilla
hot water	

Cream the butter, add sugar, eggs beaten lightly, soda dissolved in hot water, flour, cocoa and baking powder alternately with milk. Add vanilla. Bake about 20 minutes.

DEVILS FOOD CAKE

Bess L. Walsh

- | | |
|-------------------------|-----------------------------|
| 1½ C. white sugar | 1 C. cold water |
| 1 C. butter | 3 level t. BP. |
| 2 eggs | 2 C. flour, measure sifting |
| 2 sq. chocolate, melted | 1 t. vanilla |
| Salt | |

This makes a 2 layer cake.

LAYER CAKE (EASY)

Mrs. J. H. Ainsworth

- | | |
|---------------|-------------------|
| 1 C. sugar | 2/3 C. sweet milk |
| 1/3 C. butter | 2 C. flour |
| 2 eggs | 2 t. BP. |

Beat sugar and butter to a cream, add eggs well beaten, then milk. Last add flour and baking powder sifted together. Bake quickly. Frost with any desired frosting.

SPICE LAYER CAKE (THREE LAYERS)

Mrs. Mary G. Bryant

- | | |
|-----------------|---------------|
| 1½ C. sugar | 2 C. flour |
| ½ C. butter | 2 t. BP. |
| 2 eggs | 1 t. cloves |
| 1 C. sweet milk | 1 t. cinnamon |

Cream butter and sugar, beat eggs and add; sift baking powder with flour and add milk and flour alternately, beating well. Take out white layers and add spice to batter for middle layer.

Icing

- | | |
|---------------------------|-----------|
| 2 C. confectioner's sugar | 2 T. milk |
| 2 T. butter | Flavoring |

PLAIN CAKE

Mrs. J. C. Waterman, Burke, S. Dakota.

- | | |
|---------------------------|------------------------|
| Shortening size of an egg | 1 C. warm water, scant |
| 1 C. sugar | 2½ C. flour |
| 1 egg | 4 t. BP. |
| 4 T. sweet milk | Flavor to taste. |

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Add sugar and eggs well beaten to shortening. Put milk in C. and add warm water; beat and add the flour and sifted baking powder. Beat thoroly after adding the flavor and bake in a moderate oven.

One can make a loaf cake or 2 layers with plain milk icing. The loaf cake can be made with floured raisins and maple frosting. Chocolate or cocoa can be added making a marble cake with chocolate icing or a good recipe for hickory nut cake.

WHITE CAKE

Mrs. Gus Martin

1 C. butter and 2 C. sugar creamed well together, and add 1 C. milk and 3 C. Swan's Down flour. Beat thoroly, then sprinkle 3 rounding t. baking powder on dough and gently stir. Beat the whites of 6 large eggs and fold in. Use any desired frosting.

WHITE CAKE (LOAF OR LAYER)

Mrs. Chas. B. Ash

2 C. sugar	3½ C. flour
1 C. butter	6 egg whites
1 C. milk	2 t. BP.

Mix all the ingredients together, except the beaten white, ½ C. flour, beat eggs stiff and add together with the ½ C. flour into which the baking powder has been added the last thing.

SPICED LAYER CAKE

Mrs. O. L. Yeomans

1 C. butter	1½ t. cinnamon
2 C. sugar	1½ t. cloves
1 C. water	1 t. nutmeg
4 eggs	3 even t. BP.
2½ C. flour	

Cream the butter, add sugar by degrees. Add yolks of eggs, beat well. Add flour and water alternately a little at a time, then spices and baking powder, then the well beaten whites of eggs. Spread with soft frosting.

CHOCOLATE CAKE (LOAF OR LAYER)

1¾ C. sugar	3 t. BP.
2 eggs	¼ cake chocolate dissolved in
¼ C. butter	½ C. boiling water
½ C. sweet milk	Vanilla
2 C. flour	

Cream sugar and butter, add beaten eggs and milk, sift the flour and baking powder together and add to first mixture. The

chocolate dissolved in water should be added last. Beat hard. Bake in moderate oven. If bake in layers, put together with boiled icing.

CHOCOLATE CAKE

Mrs. L. R. Morris

- | | |
|----------------------------|------------------------------|
| 1 C. granulated sugar | 2/3 C. butter |
| 1 C. light brown sugar | 2 t. BP. |
| 1 C. sweet milk | 1 t. vanilla |
| 2 C. flour | 1 level t. soda dissolved in |
| 2 T. cocoa sifted in flour | 1/2 C. hot water |
| 2 eggs well beaten | |

Mix all dry ingredients, add well beaten eggs, last add soda and hot water.

WHITE LAYER CAKE

Mrs. T. L. Rice

- | | |
|---|--------------------------------|
| 1/2 C. butter | 1 C. milk |
| 1 2/3 C. sugar | 4 level t. BP. |
| 3 level C. flour (sift once before measuring) | 1/2 t. vanilla and lemon mixed |
| | 5 egg whites |

Cream butter, add sugar and continue creaming. Add flavoring, add flour and milk alternately, beat vigorously, add baking powder, add stiffly beaten egg whites. Bake in moderate oven.

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CHOCOLATE LAYER CAKE

Mrs. C. W. Stafford

- | | |
|-------------------------|-------------------------|
| 1 C. sugar | 2 C. flour |
| $\frac{1}{2}$ C. butter | 1 t. soda |
| 3 eggs, reserve | 2 sq. chocolate, melted |
| 2 whites for frosting | 1 t. vanilla |
| 1 C. sour milk | |

Cream sugar and butter, add beaten eggs, reserving 2 whites for frosting, and sour milk to which soda has been added. Add flour, melted chocolate and vanilla. More milk may be necessary to make rather thin batter. Bake in moderate oven.

Frosting

- | | |
|--------------|------------------------|
| 2 C. sugar | $\frac{1}{2}$ C. water |
| 2 egg whites | |

Cook sugar and water until it forms a soft ball in cold water. Pour this into stiffly beaten egg whites. Beat. If it does not harden by the time it is cool, place it over hot water and stir until it grates on the bottom. If too hard add a T. hot water. Spread between layers on top of cake.

YELLOW CAKE (CHEAP, EASY AND SURE)

Mrs. I. E. Melhus

- | | |
|--|-------------------------|
| $1\frac{1}{4}$ C. sugar | $2\frac{1}{4}$ C. flour |
| $\frac{1}{2}$ C. butter (cream together) | 2 t. BP. |
| 2 eggs beaten together | Flavor to taste |
| 1 C. water | |

Bake in two layers.

VANITY CAKE

Mrs. Will Dodds

- | | |
|-----------------------------|-----------------------------|
| 1 C. sugar | $\frac{1}{2}$ C. cornstarch |
| $\frac{1}{2}$ C. butter | 2 full t. BP. |
| $\frac{1}{2}$ C. sweet milk | 1 t. vanilla |
| $1\frac{1}{2}$ C. flour | 5 egg whites |

Bake in two layers and put together with any desired filling or with white frosting.

WHITE CAKE

Mrs. F. F. Rodgers

- | | |
|--|----------------|
| $\frac{2}{3}$ C. butter or oleomargarine | 1 C. milk |
| $1\frac{1}{4}$ C. sugar | 3 level t. BP. |
| 3 C. flour | |

Beat very stiff the whites of 4 eggs and fold in carefully. Flavor to taste. If oleomargarine is used, add pinch of salt. Cream the first two ingredients with hands.

CHOCOLATE DROP CAKES

Mrs. Galen Tilden

- | | |
|------------------|----------------|
| 1/2 C. butter | 2 C. nut meats |
| 1/2 C. sour milk | 1 egg |
| 1 C. brown sugar | 1/2 t. soda |
| 1 C. dates | 2 T. cocoa |
| 1/2 C. raisins | |

Cream butter and sugar. Add milk and well beaten egg. Add soda dissolved in 1 t. water. Add to above cocoa and flour to make batter stiff enough to drop from spoon. Add raisins, dates and nutmeats. Bake on greased pan.

GINGER DROPS

Mrs. E. E. Little

- | | |
|------------------------------------|--------------------|
| 1 C. molasses | 2 level t. soda in |
| 1/2 C. brown sugar | 1 C. of hot water |
| 1/2 C. butter | 3 C. flour |
| 1 t. each ginger and cinna-
mon | 2 eggs |

CUP CAKES

Mary Ghrist

Part I

- | | |
|----------------|------------------------|
| 1 C. sugar | 1/4 t. salt |
| 1 1/2 C. flour | 1 t. cinnamon |
| 1 t. soda | 1/4 t. powdered cloves |

Part II

- | | |
|----------------|--------------|
| 3 T. nut meats | 2 T. raisins |
|----------------|--------------|

Part III

- | | |
|--------------------|--------------|
| 2/3 C. sour milk | 1 t. vanilla |
| 3 T. melted butter | |

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Mix and sift Part I, add Part II. Beat egg, add milk and vanilla; add to Part I and II. Beat 2 minutes; add butter. Bake in moderate oven in muffin pans 15 to 18 minutes.

COCOANUT GEM CAKES

Ada Scott

- | | |
|-------------------------|------------------------------------|
| 1 C. sugar | $\frac{1}{2}$ C. shredded cocoanut |
| $\frac{1}{4}$ C. butter | $1\frac{1}{2}$ C. flour |
| $\frac{1}{2}$ C. milk | 2 t. BP. |
| 2 eggs | |

This will make 8 gems.

CHOCOLATE DROP CAKES

Mrs. O. H. Cessna

- | | |
|---------------------------------|----------------------------|
| 1 C. sugar | 4 t. BP. |
| $\frac{1}{2}$ C. butter, melted | $\frac{1}{2}$ C. milk |
| 2 sq. chocolate | $\frac{1}{2}$ C. nut meats |
| 1 egg well beaten | $\frac{1}{2}$ C. raisins |
| 2 C. flour, scant | |

Bake in slow oven. Cover with the following spread:

- | | |
|-----------------|----------------|
| 2 sq. chocolate | 6 T. hot water |
| 1 T. butter | |

Stir until right consistency to spread.

ROCKS

Mrs. Thos. Thompson

- | | |
|------------------------------------|------------------------------------|
| $\frac{1}{2}$ C. butter | $\frac{1}{2}$ t. soda dissolved in |
| $1\frac{1}{2}$ C. granulated sugar | $\frac{1}{2}$ C. water |
| 3 C. flour | 1 C. seedless raisins |
| 3 eggs | 1 C. nut meats |
| 1 t. cinnamon | |

Cream butter and sugar; add beaten eggs, hot water with soda, and cinnamon. Stir in the flour and last the raisins and nut meats. Drop from spoon on buttered pans and bake till a golden brown.

RICH DROP COOKIES

Mrs. Thos. F. Crocker

- | | |
|--------------------------------------|--------------------------------|
| $\frac{3}{4}$ C. sugar | $1\frac{1}{2}$ C. sifted flour |
| 3 T. milk in measuring cup, | $2\frac{1}{2}$ t. BP. |
| fill to $\frac{3}{4}$ with Snowdrift | $\frac{1}{4}$ t. salt |
| or Crisco | 1 t. flavoring |
| 1 egg well beaten | |

Cream sugar and Crisco; add milk and egg; beat thoroly; add sifted dry ingredients; beat well; drop by spoonfuls about 2 inches apart. Bake 10 minutes in hot oven. Vary this recipe by using $\frac{1}{2}$ C. chopped nuts with $\frac{3}{4}$ t. vanilla and $\frac{1}{4}$ t. almond flavoring; or same flavoring with a little nutmeg and $\frac{1}{2}$ C. raisins; use lemon flavoring and $\frac{1}{4}$ C. cocoanut.

ROLLED JELLY CAKE

Mrs. F. C. Hinze

3 eggs beaten separately	1 t. BP.
1 C. sugar	$\frac{1}{4}$ C. hot water
1 C. flour	

Sift sugar, flour and baking powder; add to eggs; add hot water last. Bake in 10 minutes.

TEA CAKES

Mrs. A. B. Maxwell

1 C. sugar	2 C. flour
$\frac{1}{2}$ C. butter	2 rounding t. BP.
$\frac{2}{3}$ C. sweet milk	Flavor

WHITE CUP CAKES

Mrs. F. H. Lang

1 C. butter	Whites of 6 eggs
2 C. sugar	3 t. BP.
$3\frac{1}{2}$ C. flour	$\frac{1}{2}$ t. lemon extract
1 C. milk	$\frac{1}{2}$ t. vanilla extract

Have bowl slightly warm, measure butter into it, beat until creamy, add sugar slowly. Sift flour and baking powder together and add to mixture alternating with milk. Add egg whites beaten stiff. Do not beat after egg whites are added.

JELLY ROLL CAKE

Mrs. C. B. Little

Beat 3 eggs light, add 1 C. sugar, 2 T. cold water, a pinch of salt, 1 C. flour to which has been added 1 t. baking powder. Bake in a shallow tin, turn out on a cloth that has been wrung from cold water. Spread with jelly and roll at once. The damp cloth prevents breaking.

ROLL JELL CAKE

Mrs. S. A. Knapp

1 C. sugar	6 T. hot water
1 C. flour	3 eggs
$1\frac{1}{2}$ t. BP.	

Mix and sift dry ingredients. Add well beaten eggs. Add water. Beat until smooth. Bake in moderate oven in pan having batter $\frac{1}{4}$ inch thick. As soon as removed from oven, turn out onto paper well dusted with powdered sugar. Spread with jelly and roll.

LIGHTNING TEA CAKES (12)

Mrs. J. A. Wilkinson

Place flour sifter in mixing bowl. Put in it $1\frac{1}{2}$ C. flour, $\frac{3}{4}$ C. sugar, 2 t. baking powder and $\frac{1}{2}$ t. salt. Sift together. In measuring cup, melt $\frac{1}{4}$ C. butter, break in 2 eggs, fill up C. with milk, add $\frac{1}{2}$ t. flavoring. Mix with dry ingredients and beat well 2 or 3 minutes. Bake in greased muffin tins 12 or 15 minutes.

JELLY ROLL CAKE

Mrs. J. H. Williams

1 C. powdered sugar, 1 C. flour and 3 well beaten eggs. Stir well, then add 1 t. cream of tartar and $\frac{1}{2}$ t. of soda dissolved in 3 t. of warm water. Bake, spread with jelly and roll.

SOFT GINGER COOKIES

Mrs. C. Sorenson

- | | |
|---|-----------------------|
| 2 C. dark New Orleans molasses | 2 eggs |
| 1 C. white sugar | 2 level t. soda |
| $\frac{1}{2}$ C. melted butter or drippings | 1 level t. salt |
| 1 C. sour milk | 1 rounded t. ginger |
| | 1 rounded t. cinnamon |

Beat the shortening with the sugar, add spices, molasses, then the beaten eggs. Put the soda in the milk and add enough sifted flour to make a cake batter. Bake in gem or muffin tins in a moderate oven about 15 minutes.

FROSTINGS AND ICINGS

POWDERED SUGAR ICING

Bess L. Walsh

1½ C. sugar (powdered) with just enough sweet milk to wet it and 1 t. vanilla extract. This mixture to be beaten well.

SEVEN MINUTE FROSTING

Mrs. H. S. Hardie and Mrs. Fred Davis

1 scant C. sugar

1 egg white (unbeaten)

3 T. cold water

Use double boiler. Have water boiling in lower part; place ingredients in upper part and beat with Dover egg beater over fire for 7 minutes. Remove from fire and beat with spoon for one minute. Add any flavoring desired.

QUICK ORANGE ICING

Mrs. George Judisch

Grated rind of orange with ½ lb. of pulverized sugar. Moisten with 1 T. of hot water and add orange juice until right consistency.

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ORANGE FROSTING

Mrs. J. H. Ainsworth

To the grated rind of 1, and juice of 2 oranges, add 1 t. lemon juice and 2 T. melted butter and confectioner's sugar until stiff enough to spread. This is particularly good spread on sunshine cake or on individual cakes and is easily made.

CHOCOLATE FROSTING

Mrs. A. H. Munn

Cream 2 C. powdered sugar with a piece of butter the size of an egg. Add:

Yolk of 1 egg	3 to 5 T. boiling water
2 sq. of chocolate, melted	Vanilla and nuts

SEVEN MINUTE ICING

Mrs. J. L. Hall

1 unbeaten egg	1 t. BP.
1/8 C. sugar	3 T. cold water

Cook all in double boiler; beat 7 minutes. When it begins to boil, add one t. more of baking powder, beat again and spread on cake.

FRESH STRAWBERRIES AND POWDERED SUGAR FROSTING

Mrs. Alva L. Howard

1 C. strawberries, (mashed and beaten) and 2 C. powdered sugar with just enough cream and butter to mix well. This is a lovely frosting for Angel Food cake.

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CONFECTIONS

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APPLE CRYSTALS

Mrs. C. W. McDonald

Make syrup of 2 C. sugar and 1 C. water. Stir until dissolved, then bring to boil. Pare core, quarter a tart apple and cut each quarter in three slices. Drop these 12 pieces into boiling syrup and cook gently until transparent. Remove, drain and put on wax paper. Let stand 24 hours, roll in granulated sugar 3 times at intervals of 24 hours. To give variety, add coloring to syrup. Apple may be cut across, then cored and cut in various shapes. These may be used in decorations and in garnishing.

CHOICE KARO CARAMELS

Mrs. S. A. Knapp

2 C. sugar	1 C. cream
1 $\frac{3}{4}$ C. Karo Corn syrup	1 t. vanilla
1 C. butter	1 C. nut meats

Cook first 4 ingredients until mixture boils vigorously. Gradually stir in the second C. of cream but do not permit the boiling to cease for a moment. Boil until a hard ball is formed when dropped into cold water or to 250-255 degrees by a candy thermometer. Turn out the fire. Add nuts and flavoring. Stir quickly and pour at once into a well buttered pan. Mark before it becomes too cold.

Never undertake to make candy in a damp or steamy room. Moisture in the atmosphere is a candy killer.

LOLLY POPS (ALL-DAY SUCKERS)

Mrs. Fred L. Walkey, Lafayette, Ind.

1 lb. brown sugar or 2 $\frac{2}{3}$ C.	1 T. vinegar
$\frac{1}{2}$ C. boiling water	1 t. butter

Boil above until brittle, in water. Add vanilla,, pour in pan, and let cool enough to handle. Cut twigs, stick as much as you like on the twigs, wrap with oiled paper. Do not stir.

PRALINES

Mrs. H. D. Hughes

Moisten brown sugar with sweet milk and add lump of butter. Cook until able to hold together between fingers when dipped in

water. Add nuts and stir briskly, pouring onto marble before it sugars.

CRACKER JACK

Mrs. Gayle Kurtz

Boil together

2 C. sugar	1 T. butter
1 C. corn syrup	1 C. cold water
1 T. molasses	

Then take $\frac{1}{4}$ t. soda dissolved in 1 T. warm water. Add to the syrup mixture and pour on popped corn.

COCOANUT CREAM CANDY

Mrs. C. W. McDonald

3 C. sugar	$\frac{1}{2}$ t. vanilla
1 C. milk	$\frac{1}{2}$ t. lemon extract
2 t. butter	$\frac{1}{2}$ C. shredded cocoanut

Cook the sugar, milk and butter together, stirring frequently until the soft ball stage is reached. Remove from the fire and set in a cool place for 30 minutes. Add the extracts and stir vigorously until very thick and creamy. Add cocoanut, knead with the hand a few minutes. Shape into small balls one inch in diameter. Roll in cocoanut and pack in a box. Makes four dozen pieces.

VINEGAR CANDY

Mrs. Charles Dragoun

2 C. light brown sugar	1 T. butter
1 C. vinegar	

Do not stir. When it hardens in water, pour on buttered dish. Pull and cut.

BETTINA'S DIVINITY

Mrs. C. W. McDonald

2 C. sugar	1 C. of nut meats
$\frac{1}{2}$ C. of corn syrup	$\frac{1}{2}$ C. candied fruits
$\frac{1}{2}$ C. water	1 t. vanilla
2 egg whites	

Cook the sugar, corn syrup and water without stirring until it "clicks" when a little is tested in cold water. Pour this boiling syrup in a very slow stream over the egg whites which are stiffly beaten. Beat vigorously during the pouring and continue beating until the candy becomes stiff. Add the nuts, fruit and vanilla. Spread one-inch thick upon a greased pan

or plate. Set in a cold place for fifteen minutes and then cut: serve at once.

FUDGE

Gwendolyn Graves

2 C. sugar	2 T. butter
1 C. milk	1 t. vanilla
1/3 C. cocoa	1/2 C. nuts

Cook sugar, milk, cocoa and butter until it forms a soft ball when dropped in cold water. Add vanilla and nuts and beat until creamy. Pour on buttered platter and mark into squares.

CHOCOLATE FUDGE

Mary Ghrist

2 C. sugar (white)	2 squares chocolate (chip
2/3 C. milk	very fine) or 3 dessert
1/8 t. cream tartar	spoons of cocoa
3 T. butter	Few grains salt

Heat milk and sugar slightly until sugar is dissolved. Add rest of ingredients. Stir a little to blend. Cover for 2 minutes; let boil until soft ball forms in cold water. When done soft ball will stand up upon finger tip without melting. Cool to room temperature without disturbing (45 min.); beat until creamy. Flavor with nuts or vanilla. Pour on buttered platter and cut in squares.

MEXICAN CANDY

Mrs. W. R. Raymond

Boil	
2 1/2 C. sugar	1/2 C. milk

Burn 1/2 C. sugar till it smokes. Combine contents of the two sauce pans while they are hot, put in 1 C. pecan meats and cook until it hardens in water like fudge. Beat until creamy and drop by spoonfuls on a wet board. Makes 18 cakes.

KIMBALL, BAILIE & COWGILL
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NOUGAT

Mrs. R. H. Brannberg

2½ C. sugar
½ C. white Karo syrup

½ C. hot water

Boil until it threads and take out one-half cup and beat into the stiffly beaten whites of two eggs. Let the rest of the syrup boil until it forms a hard ball in water; remove from fire and beat the first mixture into the syrup until it begins to thicken and add 1 t. vanilla and 1 C. chopped nut meats (black walnuts are very good). This may be formed into a brick or dropped by teaspoonfuls on waxed paper.

PEANUT BRITTLE

Mrs. R. H. Brannberg

1½ C. sugar
2/3 C. white Karo syrup

2/3 C. hot water

Stir until it boils, then cover and boil three minutes. Uncover and boil until it forms a hard ball in water; then add 3 T. butter and 2 C. raw peanuts and let simmer for ten minutes, stirring constantly. Remove from fire. One-half t. salt, 1 t. vanilla, ½ T. of soda dissolved in ½ T. cold water; stir all thru quickly. Pour out on buttered tin and spread thin.

PEANUT BRITTLE

Mrs. C. W. McDonald

1½ C. sugar
2/3 C. of corn syrup
2/3 C. cold water
2 t. salt

2 C. shelled raw peanuts
¼ t. vanilla
½ t. soda

Combine first 3 ingredients, stir until mixture boils, cover and boil 3 minutes. Uncover and boil until brittle, add butter and peanuts. Stir constantly for 10 minutes. Add vanilla and soda dissolved in ½ t. of cold water and salt. Stir until thoroughly mixed. Turn on a buttered slab and spread as thin as possible.

POP CORN CANDY

Mrs. W. R. Raymond

1 qt. table syrup

1 coffee C. sugar

Boil until it hardens in water, then add a pinch of soda; let it boil up and remove from fire. Pour over popped and seasoned corn (free from hard kernels) and pack down in buttered bread pans. Hardens in a short time and can be sliced. Keeps a long time in cool, dry place.

RUDOLPH VALENTINO CANDY

Mrs. C. G. Haug

- | | |
|----------------------------------|-------------------|
| 4 sq. chocolate | 1½ C. of cocoanut |
| 1 can Eagle Brand sweetened milk | 1½ C. of nuts |

Melt the chocolate which has been broken in small pieces. Add milk, cocoanut and nuts. Drop into buttered pan by spoon and bake 4 minutes in moderate oven.

SEA FOAM CANDY

Gwendolyn Graves

- | | |
|-----------------|------------|
| 2 C. sugar | ¾ C. water |
| ¾ C. corn syrup | |

Boil until brittle. Add the beaten whites of 2 eggs and stir as for fudge.

ATLANTIC CITY SALT WATER TAFFY

Mrs. C. W. McDonald

- | | |
|--------------------|----------------|
| 1 C. of sugar | 1 T. of butter |
| ½ T. of cornstarch | ½ C. water |
| 2/3 C. corn syrup | ½ t. salt |

Boil to firm ball stage. When cool divide into portions and flavor as desired. Pull until light colored. Cut in small pieces and wrap in waxed paper.

DIVINITY

Mrs. Clyde Kintzley

- | | |
|------------------------|--------------------------|
| 2½ C. granulated sugar | 2 egg whites |
| ½ C. white corn syrup | 1 C. chopped pecan meats |
| ½ C. water | 1 t. vanilla |

Put the sugar, corn syrup and water in sauce pan and cook until it will spin a thread. Have the egg whites beaten stiff in another vessel. Pour one-half of the hot syrup into the egg whites, beating all the while. Cook the remaining syrup until it will harden in water, and add it to the egg whites also. Beat until creamy, add nuts and flavoring and pour into a buttered dish or drop by spoonsful onto waxed paper.

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POP CORN BALLS

Mrs. Roy McCurdy

- 2 C. sugar
1 C. Karo
- 1/3 C. water

Boil till threads well. Pour over corn. Make in balls as soon as possible. Let cool. This makes 20. Rinsing the hands in cold water when sticky helps a great deal.

VINEGAR CANDY

Mrs. Charles Dragoun

- 2 C. light brown sugar
1 C. vinegar
- Butter size of walnut

Do not stir. When it hardens in water pour on buttered dish. Pull and cut.

DATE LOAF CANDY

Mrs. F. P. Reed

- 2 C. white sugar
2 heaping t. butter
- 1 can condensed milk

Stir constantly the first few minutes to prevent burning. Let boil until forms ball in cold water. Stir in 1 cup nut meats and 1 package of dates cut in small pieces.

Pour in deep, well-buttered pan and cover with damp cloth. When cool cut in slices or convenient shapes.

DATE LOAF CANDY

Mrs. W. R. Raymond

Mix

- 2 C. sugar
1 C. milk
- Small lump butter

When mixture bubbles add $\frac{3}{4}$ package Dromedary dates and cook until a medium ball forms when tested in cold water. Take from fire, add 1 C. broken nut meats and stir until candy begins to stiffen; turn out on cloth wrung out of cold water. Roll up and let stand several hours. Slice thin.

CANNING

Peter Piper picked a peck of pickled peppers.

CORN RELISH

Mrs. H. S. Hardie

12 ears sweet corn	2 C. sugar
1 large head cabbage	4 C. vinegar
1 large bunch celery	$\frac{1}{2}$ C. salt
4 green peppers	1 t. mustard
6 onions	

Chop, mix and cook for one-half hour. Seal air tight.

CORN SALAD

Mrs. J. E. Campbell, Melbourne, Florida

12 ears corn	4 T. mustard
3 bunches celery	3 flour
1 large cabbage	2 salt
1 pepper	2 C. brown sugar
4 large onions	2 qts. vinegar (not too strong)
Chop	

Cook one hour. Canned corn may be used.

CORN RELISH

18 ears corn	1 T. mustard
6 green peppers	2 T. celery seed
4 ripe peppers	$\frac{1}{4}$ C. salt
6 onions	2 C. sugar
1 large cabbage	2 qt. vinegar

Cut corn from ear, chop peppers, onions and cabbage. Mix all together and let cook. Five minutes after it begins to boil put in cans and seal.

RUMMAGE PICKLE

Mrs. A. H. Thayer

2 qt. green tomatoes	3 sweet green peppers
1 qt. ripe tomatoes	1 small head cabbage
3 small bunches celery	1 large cucumber
3 large white onions	$\frac{1}{2}$ C. salt
3 sweet red peppers	

Chop the vegetables or run through coarse grinder; add salt; mix well; let stand over night, then drain well, add:

- | | |
|------------------|----------------------|
| 3 pts. vinegar | 1 T. mustard seed |
| 3 C. brown sugar | 1 t. pepper (ground) |

Cook till clear, about one hour; then seal.

CORN SALAD

Mrs. L. G. Rosenfeld

- | | |
|------------------------|-------------------------|
| 3 doz. ears sweet corn | 4 C. sugar |
| 2 small heads cabbage | Vinegar to nearly cover |
| 6 large onions | |

Cut corn from cob, add chopped cabbage and onions, 2 T. of mixed pickling spice, ground. Cook all until hot and seal in cans.

DAKOTA PICKLES

Mrs. C. H. Stange and Mrs. Orr, Chicago, Ill.

Cut large cucumbers into eight pieces, lengthwise. Let stand in ice water six hours or over night. Put pieces around sides of 9-quart jars. Fill center with small pieces of celery and one small onion. To 1 qt. vinegar, add $\frac{1}{2}$ C. salt, 1 C. sugar. Heat to boil and pour over pickles and seal. Dilute vinegar to taste, as pickles may be sweet or sour.

PICCALILLI

Mrs. Frank Morris

Equal parts of cabbage and green tomatoes chopped fine. Scald in weak brine and drain. For 2 gals. of mixture add 4 C. sugar, 2 oz. mustard seed, 1 T. ground cloves, 1 T. ground cinnamon, $\frac{1}{2}$ T. ground pepper, 2 green peppers cut fine. Add vinegar to cover. Cook slowly.

SLICED CUCUMBER PICKLES

- | | |
|------------------------|--------------------------------|
| 4 qt. sliced cucumbers | 4 T. salt |
| 4 large onions sliced | 3 C. brown sugar |
| Vinegar | $1\frac{1}{2}$ t. mixed spices |

Sprinkle sliced cucumbers and onions with salt. Let stand over night. Drain and place in granite kettle. Add other ingredients, cover with vinegar, bring to boiling point. Pack in jars while hot and seal.

PICKLED WATERMELONS

Mrs. A. H. Munn

Prepare rinds and put in boiling water. Add very little salt and cook until tender. Test by cutting with fork. Drain in

colander, but do not allow rinds to cool. Chop whole cloves and stick cinnamon, 4 T. of each after chopping. Mix and put into two bags; 4 C. cider vinegar and boil with 2 bags of spices for ten minutes. Remove bags and add 8 pounds white sugar. Dissolve and allow to come to boil slowly. Return bags of spice to sugar and vinegar and boil at least 20 minutes. Let rinds simmer slowly an hour or two.

PEPPER HASH

Mrs. F. H. McClain

12 red sweet peppers	3 C. sugar
12 green sweet peppers	4 C. vinegar
12 small onions	2 T. salt

Chop first three ingredients in meat grinder, cover with hot water and let stand five minutes. Pour over water. Add the last three ingredients and boil five minutes. Put in jars and seal.

PEPPER RELISH

Mrs. Harold Stiles, Mrs. O. P. Rutledge and Mrs. L. C. Munsinger

12 red peppers	12 onions
12 green peppers	

Chop all three and pour boiling water on them and let stand for ten minutes. Drain, pour boiling water over and let stand for five minutes. Drain, let come to a boil 3 C. of vinegar, 1½ C. sugar, put in chopped ingredients and cook 15 minutes.

PEPPER HASH

Mrs. Guy Dodds

2 C. red peppers	2 C. brown sugar
2 C. green peppers	Vinegar

Sprinkle a little salt over the chopped peppers and onions; let stand 20 minutes; drain and pour boiling water over and let stand 20 minutes. Put all into kettle, pour over enough vinegar to moisten well and cook slowly till tender. This is fine for sandwiches.

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PICKLED BUTTON ONIONS

Mrs. W. A. Thompson

Select onions, small and about same size, peel, put layer onions, then layer salt, in crock and so on until filled; let stand over night. In morning drain off juice and wash in cold water. Fill jars with onions and 1 T. of mustard seed to each quart. Cook vinegar and water to boiling point. Add 1 T. sugar to each qt. Pour over vinegar and seal. Don't use vinegar too strong and use white vinegar if you wish onions to remain white.

OLIVE OIL CUCUMBER PICKLES

Mrs. Geo. A. Blohm

Slice 100 medium-sized cucumbers very thin. Add 4 C. salt. Mix thoroughly and let stand 3 hours. Drain off liquid and if too salty wash off with cold water. Dissolve piece of alum size of walnut in water, then add to this 3 pts. of small white onions sliced thin. Let set for 20 minutes, then drain off alum water and add 3 oz. of white mustard seed, 2 oz. white pepper, 1 oz. celery seed, 1 pt. olive oil. Mix these ingredients together with the hands, then cover with cold vinegar. Put in jars and seal. This recipe should make 14 pts.

PICKLES

Mrs. P. J. Templeton

Very fine for present use and keeping over.

Pick the cucumbers, being careful to leave on the stems. Small cucumbers make the nicest pickles. Wash them, sprinkle on enough salt to nearly cover, then pour boiling water over them. Let them stand till cold, or over night. Drain off the salt and water, and put them into cold spiced vinegar. Repeat this whenever the cucumbers are picked, or until you have made pickles enough.

For those wanted to keep all winter, take them out of the first vinegar and cover them with some more, in which put spices to suit the taste. Be sure to have it scalding hot, and put a piece of alum in; also a dozen slices of horseradish. A piece of alum the size of a large hickory nut for every three gallons of pickles.

GREEN TOMATO RELISH

Mrs. O. B. Hoffman

8 lb. green tomatoes
4 lb. brown sugar

1 qt. vinegar
1 t. cloves, cinnamon and mace

Boil vinegar, sugar and tomatoes, which should be chopped fine, for 1 hour; add spices and boil 15 minutes. When cool seal. This recipe makes one gallon.

OLIVE OIL PICKLES

Mrs. T. Barbour

3 doz. cucumbers 5 or 6 in. long, sliced without peeling	$\frac{1}{2}$ doz. medium-sized tomatoes 1 tea cup salt
--	--

Mix cucumbers and onions and add salt. Let stand 3 hours, then drain.

Mix together, adding olive oil a little at a time, stirring vinegar as it is added.

1 qt. cider vinegar	$\frac{1}{2}$ C. black mustard seed
$\frac{1}{2}$ C. olive oil	$\frac{1}{2}$ t. celery seed
$\frac{1}{2}$ C. white mustard seed	$\frac{1}{2}$ t. cayenne pepper

Pour over pickles, letting stand 48 hours, stirring often. Put in cans and seal. No heating required.

SLICED GREEN TOMATO PICKLES

Mrs. E. J. Savage

Slice the tomatoes about a quarter of an inch thick. To a pint put a handful of salt, and cover with boiling water. This brine should taste quite salty. The next two days drain off brine, heat to boiling point and return. The third day drain off brine, and cook tomatoes in weak vinegar until tender. Drain off vinegar and pack tomatoes in a jar with whole spices and plenty of light brown sugar, a layer of tomatoes and a layer of sugar alternating. Heat pure vinegar and pour over. The next two days drain off vinegar, heat and return. Pits of horseradish on top will prevent moulding.

GREEN TOMATO PICKLES

Mrs. Maude D. Kirby

Peel very thin 1 peck medium-sized green tomatoes, soak in weak brine over night, wash in clear water. Boil in good vinegar till tender, take out on platter, stick with fork and drain thoroughly, stick with cloves, then put in jars. Syrup, 1 pt.

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vinegar, 4 lb. sugar, 4 sticks cinnamon bark, drain and boil 3 mornings. Seal.

RELISH

Mrs. Geo. A. Blohm

1 qt. green tomatoes (sliced)	1 qt. vinegar
2 qts. cabbage (shredded)	2 C. sugar
4 or 5 large onions (cut fine)	1 t. mustard seed
4 green peppers	1 t. celery seed
4 red peppers	2 T. salt

Boil 30 minutes.

RELISH

Mrs. F. C. Heinze

Ripe tomato: Scald and peel 30 ripe tomatoes, pare and slice 12 apples, peel and slice 10 onions. Remove seeds and chop fine 6 green peppers, add 5 T. salt, 1 pt. vinegar, sugar to taste; stew slowly 1½ hours.

Green tomato: Cut up green tomatoes and sprinkle with salt over night. In morning put cold water over and drain, chop fine. To 1 gal. of tomatoes add 6 onions, chopped, 1½ pts. vinegar, 3 C. sugar, 1 T. pepper, 1 T. cloves, 1 T. cinnamon, 1 T. whole mustard seed, very little red pepper. Let all boil 1 hour.

RED TOMATO SAUCE

Mrs. H. H. Nowlin

18 ripe tomatoes	1 C. sugar
1 onion	1 t. powdered cinnamon
3 t. salt	1 t. cloves
2 C. vinegar	

Skin tomatoes, peel onion, remove seeds from peppers, chop all together and cook slowly until tender; add other ingredients, boil 10 minutes. Seal in sterilized jars.

TOMATO RELISH (UNCOOKED)

Mrs. W. A. Matlack

1 pk. ripe tomatoes. Cut up	2 red peppers
pulp and drain thoroughly	3 C. light brown sugar
Add:	1 C. mustard seed
2 C. onions, chopped fine	2 pt. vinegar
2 C. celery, sliced thin	Cinnamon and cloves to suit
2 C. salt. Put over onions and	taste.
celery and let drain.	
Mix together and store.	

BORDEAUX SAUCE

Mrs. H. H. Nowlin

Slice 1 qt. green tomatoes	$\frac{1}{2}$ t. allspice
2 qt. cabbage	1 T. celery seed
5 small onions	1 C. sugar
1 red pepper, add $\frac{1}{2}$ t. tumeric	1 qt. vinegar

Boil slowly 20 minutes. Seal in jars or bottle. Sauce is excellent for all kinds of meat.

GINGERED PEARS

Mrs. G. E. Roberts

Pare and slice 8 lbs. pears; 6 lbs. sugar. Juice and grated rind of 4 lemons, $\frac{1}{2}$ lb. preserved ginger. Prepare and let stand over night. Boil until transparent. Test like jelly. Do not use pickle pears as they are too coarse.

SPICED PEACHES

Edna Brown

4 lbs. sugar	Spiced bag of cloves and
1 pt. white wine vinegar	cinnamon
7 lbs. fruit (skins removed)	

PICKLED SWEET APPLES

Mrs. J. W. Latherow

Make a syrup of 2 C. vinegar, 4 C. sugar, few pieces cinnamon and whole clove. Pare, core, quarter apples, drop in syrup and cook until tender. Put in jars and pour syrup over and seal.

SWEET PICKLE

Mrs. P. A. Mathre

1 qt. vinegar	1 T. cloves, cinnamon,
2 qt. sugar	allspice

Tie tin bag, put in kettle and when boiling put in fruit. When fruit is tender dip out and boil syrup till it is thick. Pour

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over the fruit. Citron, cucumber and melons must be boiled in water till tender, then drained well. Press them in a towel.

PEACH PICKLE

Mrs. C. H. Anthony

- | | |
|--------------|------------|
| 2 C. vinegar | 3 C. sugar |
| 1 C. water | |

Let boil, drop in peeled peaches. When done pack in jars, putting eight whole cloves in top of each jar. Cover with hot vinegar and seal.

Pear, apple, and watermelon pickles may be done the same way.

TOMATO CATSUP

Mrs. P. A. Mathre

- | | |
|------------------------------------|------------------|
| 1 pk. ripe tomatoes (remove seeds) | 1 t. cinnamon |
| 1 T. salt | 1 t. cloves |
| 1 t. black pepper | 1 t. nutmeg |
| 1/2 t. red pepper | 3 C. brown sugar |
| | 1 C. vinegar |

Put all together and boil till thick as cream.

CATSUP—COLD—UNCOOKED

Mrs. A. G. Dunsford, Rochester, N. Y.

(Mrs. R. E. Pearson)

- | | |
|---------------------|---------------------------|
| 1 pk. ripe tomatoes | 1 C. sugar |
| 5 green peppers | 1/2 C. white mustard seed |
| 6 onions | 1 qt. vinegar (scant) |

Peel tomatoes, chop in chopping bowl. Let stand a little while and drain well, pressing out extra liquid. Chop peppers after removing seeds. Chop onions. Mix all together with mustard seed, sugar and vinegar. This catsup is ready for use at any time and does not need sealing.

SLICED CUCUMBER PICKLES

Mrs. T. J. Link

- | | |
|----------------------------|-----------|
| 12 cucumbers, sliced thick | 1 C. salt |
| 6 onions, sliced thin | |

Let stand 2 hours; let drain and wash.

Mix

- | | |
|--------------|--------------------------------|
| 2 C. vinegar | 2 t. each celery seed, mustard |
| 2 C. sugar | seed, black pepper, ginger |
| | and tumeric |

Let boil, add pickles and can hot.

SAUER KRAUT

Mrs. P. A. Mathre

Chop cabbage very fine and season with $\frac{1}{3}$ sugar and $\frac{2}{3}$ salt, well mixed to suit taste; then pack in mason jar until very firm and liquid rises well over; then seal air tight and let stand in warm place till sour.

CANNING BEEF

Mrs. C. F. Davis

100 lbs. beef	3 oz. saltpetre
6 lbs. salt	1 oz. cayenne pepper
3 lbs. brown sugar	5 gal. water

Boil all together except pepper. Cool, add pepper. Pour over meat and weight down. This ready for use in 2 weeks. Excellent. Divide for less meat.

TO CAN SWEET RED PEPPERS

Mrs. Elmer Sowers

Remove stem, core and seeds. Cover with boiling water, and let stand 15 minutes. Drain; cover again with boiling water. Drain and pack in small jars; cover with boiling water; add

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$\frac{1}{2}$ t. salt to each $\frac{1}{2}$ pt. jar. Finish by cooking in fireless cooker with one radiator, or by baking in pan containing a little water for 1 hour with medium oven.

CANNED STRING BEANS

Mrs. Earl Rice

1 gal. water	1 C. sugar
1 C. salt	1 C. vinegar to 1 pk. beans

Let boil 30 minutes. To serve, drain, add more water and cook until tender.

CANNED TOMATO SOUP

Mrs. C. W. McDonald

1 pk. very ripe tomatoes	4 T. salt
1 stalk of celery, 2 if small	6 or 8 whole cloves
6 large green peppers	2 or 3 sticks of cinnamon and
6 large onions	small amount of cayenne
6 T. sugar	pepper if desired
6 T. cornstarch	

Tie cloves and cinnamon in a cloth and allow them to be in the mixture a long or short time as you wish. Cut tomatoes, onions, peppers and celery and put in an enameled kettle with a pint of water. Add sugar, salt and spices. When very tender put thru a rotary sieve. Return to the stove and add corn starch that has been mixed first in cold water and seal.

When serving the soup put it to heat in one vessel and an equal quantity of milk in another. Just before putting on the table add a pinch of soda to the milk and combine the two.

This recipe makes from 11 to 12 pints.

DILL PICKLES

Mrs. J. F. Textrum

1 C. vinegar	1 T. salt
2 C. water	

Boil and pour over cucumbers. Don't soak them. Wash and pack in fruit with dill till full, put mustard seed on top and a small piece of alum.

AUNT MARY'S CUCUMBER PICKLES

Mrs. C. H. Stange

Select medium small-sized cucumbers. One bushel—make a brine that will bear up an egg; heat it boiling hot and pour over cucumbers; let stand 24 hours, then wipe dry. Heat some vinegar boiling hot and pour over cucumbers, letting stand

another 24 hours. Change vinegar, adding 1 qt. of brown sugar, 1 pt. white mustard seed, a small handful of whole cloves, the same of stick cinnamon, piece of alum the size of an egg, $\frac{1}{2}$ C. celery seed. Heat all boiling hot and pour over cucumbers.

CHUTNEY SAUCE

Mrs. R. S. Stephenson

- | | |
|-----------------------------|-------------------|
| 12 sour apples, chopped | 2 C. sugar |
| 2 green peppers | Juice of 4 lemons |
| 1 red pepper | 1 T. ginger |
| 1 pt. vinegar | 1 T. salt |
| $\frac{1}{2}$ C. tart jelly | |

Mix and boil until thick.

BEET PICKLES

Mrs. L. W. Forman

To 1 qt. beets add vinegar to cover. Add $\frac{3}{4}$ C. sugar and 1 t. mixed spices. Cook 10 minutes and can.

BEET RELISH

Mrs. Geo. Graves

- | | |
|-----------------------|-----------------------------|
| 1 qt. chopped cabbage | 1 C. horse radish |
| 1 qt. chopped beets | $\frac{1}{8}$ t. red pepper |
| 1 T. salt | 1 C. sugar |
| 1 T. pepper | |

Cover with vinegar and seal.

CELERY SAUCE

Mrs. A. F. Reis

- | | |
|------------------------|--------------|
| 1 pk. ripe tomatoes | 4 C. vinegar |
| 10 medium-sized onions | 3 C. sugar |
| 4 bunches celery | 4 T. salt |
| 4 sweet peppers | |

Skin, squeeze and drain tomatoes. Cut all in a chopper. Boil 20 minutes and can.

CHUTNEY

Mrs. Geo. Graves

- | | |
|-------------------|---------------------|
| 6 onions | 3 C. brown sugar |
| 12 green tomatoes | 1 C. chopped celery |
| 4 or 5 apples | 2 C. vinegar |
| 2 green peppers | 1 T. mustard seed |
| 1 C. raisins | 2 T. salt |

Chop all the ingredients, mix and boil together 2 hours.
Bottle and seal while warm

BEET SALAD

Mrs. Harry Bickelhaupt

- | | |
|----------------------------|------------------------------|
| 1 qt. chopped cabbage | 1 t. table salt |
| 1 qt. chopped cooked beets | $\frac{1}{2}$ t. pepper |
| 1 C. sugar | $\frac{1}{4}$ C. horseradish |
- Cover with vinegar. Pack in jars and seal.

MUSTARD PICKLE

Mrs. C. H. Anthony

- | | |
|------------------------------|-------------------------|
| 1 qt. chopped green tomatoes | 1 qt. chopped cucumbers |
| 1 qt. chopped cabbage | 6 green peppers |
| 1 qt. chopped onions | |
- Let stand over night in water with $\frac{1}{2}$ C. salt on it.
- | | |
|---------------|------------------------|
| 1 qt. vinegar | 1 T. powdered mustard |
| 3 C. sugar | $\frac{1}{2}$ C. flour |
- Mix and let all simmer till heated thru.

MUSTARD PICKLES

Mrs. J. E. Kinnan

- | | |
|-----------------------|--------------------------------------|
| 1 qt. small cucumbers | 1 qt. chopped cabbage or cauliflower |
| 1 qt. small onions | |
| 1 qt. green peppers | |
- Put in salt and water. Soak 24 hours. Drain.
- | | |
|--------------|------------------------|
| 6 T. mustard | $\frac{1}{2}$ C. sugar |
| 1 T. tumeric | 2 t. vinegar |
| 1 C. flour | |

Pour over vegetables, heat thoroughly, put in tumeric and flour, heat again and seal.

COLD PICKLES

Mrs. Jennie McElyea Beyer

- | | |
|----------------|------------------------------|
| 1 gal. vinegar | $\frac{1}{2}$ C. mustard |
| 1 C. sugar | $\frac{1}{4}$ C. celery salt |
| 1 C. salt | |

May be sealed or put in open stone jar.

MUSTARD PICKLES

Mrs. Frank Brokaw

Peel and slice 1 gal. of cucumbers; let stand in salt water over night. Drain in morning and add 2 qts. of sliced onion. Make a dressing of 2 qts. vinegar, 4 C. sugar, 2 T. celery seed.

Let that come to a boil, then thicken with $1\frac{1}{2}$ C. flour, 6 T. mustard, 2 T. tumeric powder. Mix mustard, flour and tumeric together, then stir up with water. Fix as for salad; let come to a boil, then add cucumbers and onions. Heat well and can.

ICE PICKLES

Mrs. F. Paine

Soak small cucumbers in ice water 2 hours. Wash celery and place on ice 1 hour. Sterilize jars, pack in cucumbers with 4 sticks of celery in the center. Pour over 1 qt. hot vinegar to which has been added $\frac{1}{2}$ C. salt and 1 C. sugar and seal.

FROZE UP

Mrs. J. E. Kinnan

- | | |
|-----------------------|-----------------------|
| 1 pk. ripe tomatoes | $\frac{1}{2}$ C. salt |
| 1 qt. onions (grind) | 1 T. ground cinnamon |
| 4 red peppers (grind) | 1 T. cloves |
| 1 qt. vinegar | 2 T. black pepper |
| 2 C. brown sugar | |

Boil 3 hours and bottle tight.

INDIAN RELISH

Mrs. C. G. Haug

- | | |
|---------------------------------------|--------------------|
| 16 green tomatoes | 2 lbs. brown sugar |
| 6 onions | 1 lb. raisins |
| 1 large green pepper | 3 C. vinegar |
| 1 T. each of cloves, cinnamon, ginger | 1 T. salt |

Chop separately and cook. Can and seal.

INDIAN SAUCE

Mrs. C. H. Anthony

- | | |
|---------------------------------|-----------------------|
| 12 ripe tomatoes | 1 pt. vinegar |
| $\frac{1}{3}$ t. cayenne pepper | 1 t. cloves |
| $2\frac{1}{2}$ C. sugar | 9 onions |
| 1 T. black pepper | $\frac{1}{3}$ C. salt |
| 12 apples | 1 T. cinnamon |

Chop and cook in vinegar and spices.

PIMENTO RELISH

Mrs. L. H. Willson

- 1 doz. pimentos
 Soak in weak salt water 1 hour. Grind fine. Add:
 $1\frac{1}{3}$ C. vinegar 2 C. sugar
 Cook till thick.

CHILI SAUCE

Mrs. H. S. Hardie, Mrs. J. H. Williams, and Mrs. J. E. Wright

- | | |
|------------------------|---------------|
| 12 large ripe tomatoes | 2 T. salt |
| 4 ripe green peppers | 2 T. sugar |
| 2 onions (large) | 1 T. cinnamon |
| 5 C. vinegar | |

Boil until thick, about 1½ hours. Seal in jars.

CHILI SAUCE

Mrs. Benbrook

- | | |
|-------------------|---------------|
| 4 doz. tomatoes | 1 T. cloves |
| 1 qt. vinegar | 1 T. allspice |
| 1 C. sugar | 1 T. cinnamon |
| 6 onions | 1 T. pepper |
| 3 T. mustard seed | 2 T. salt |
| 3 T. celery seed | |

Peel and cut the tomatoes and onions in small pieces, then cook all together for 4 or 5 hours, and place in pint sterilized jars, or jelly glasses if preferred.

CHILI SAUCE

Mrs. A. T. Erwin

- | | |
|---|------------------|
| 1 pk. tomatoes (put thru
meat grinder) | 1 red pepper |
| | Salt to taste |
| 2 T. mixed spices | 1 pt. vinegar |
| 2 onions (medium size) | Sugar if desired |
- Boil down till of desired consistency.

OIL PICKLES

Mrs. A. T. Erwin

Slice cucumbers very thin, and sprinkle with salt, using 2 C. to a gallon; let stand 3 hours; drain off liquor. Mix together,

- | | |
|--------------------------|---------------------|
| 4 T. celery seed | 2 T. chopped onions |
| 4 T. black mustard seed | ½ pt. olive oil. |
| 4 T. yellow mustard seed | |

Sprinkle this mixture between layers of the cucumbers, then fill jar with good vinegar.

TO PRESERVE PIMENTOES

Mrs. O. H. Cessna

Wash pimentoes and cut out stem end, and remove seeds. Place in bowl and pour boiling water over them, cover, let stand for three minutes. Repeat this process for 3 times and drain well. Pack in glass jars and pour over this solution,

- | | |
|---------------|-----------------------|
| 1 pt. vinegar | $\frac{3}{4}$ C. salt |
| 1 pt. water | 6 T. sugar |

Heat to boiling and pour over peppers until jars are filled, and salt.

CUCUMBER PICKLES

Mrs. Chris J. Christenson

Soak cucumber in salt water over night; in the morning drain and cover with scalding water. Let stand until cool; take out of water, pack in jars. For each quart of cucumbers heat to boiling point $1\frac{1}{2}$ pt. vinegar, 1 t. mustard, $\frac{1}{2}$ C. sugar, 1 T. mixed spices; pour over pickles, and seal.

CUCUMBER PICKLES

Mrs. E. A. Pattengill

Select cucumbers about 4 inches long, cut and let stand in ice water 6 or 8 hours. Wipe dry. Fill quart jars. Put in several pieces of celery and one small onion. Boil 1 qt. vinegar, 1 C. sugar, $\frac{1}{2}$ C. salt. Pour over cucumbers and seal.

CUCUMBER PICKLES

Mrs. L. M. Warburton

- | | |
|---------------------------|------------------|
| 1 gal. best cider vinegar | 1 C. coarse salt |
| 2 C. Coleman's mustard | |

Mix and put in open jar, then drop in the cucumbers as you pick them. Pickles—Slice cucumbers and stand in a quart jar, then fill the center with sticks of celery and a few small onions. Pour over while hot the following mixture: 1 qt. vinegar, 1 C. sugar, $\frac{1}{2}$ C. salt and seal.

VEGETABLE SOUP (TO CAN)

Mrs. Jennie McElyea Beyer

- | | |
|----------------------------|--------------------------------|
| $\frac{1}{2}$ bu. tomatoes | 6 ears corn |
| 2 stalks celery | $\frac{1}{2}$ pk. string beans |
| 2 heads of cabbage | 3 red peppers |
| 6 medium-sized carrots | 1 C. salt |
| 3 white turnips | |

CUCUMBER SALAD (PICKLES)

Mrs. H. E. Nichols and Miss Daisy Ann Johnson

- | | |
|----------------------------------|---------------------|
| 1 doz. large or medium cucumbers | 1 doz. small onions |
|----------------------------------|---------------------|

Slice both and sprinkle with salt. Let stand one hour or over night.

- | | |
|-------------------|---------------------|
| 1 pt. vinegar | 1 t. mustard seed |
| 1 C. sugar | 1 t. cinnamon |
| 1 t. celery seed | 1 t. salt |
| 1 T. ginger | 1 t. tumeric powder |
| 1 t. white pepper | |

Drain the cucumbers; put in a kettle with the above mixture. Let come to a boil; fill cans and seal.

MIXED PICKLES

Mrs. T. J. Kyle

- | | |
|---|------------------------------------|
| 1 qt. green tomatoes sliced
over night | 1 qt. sliced or small
cucumbers |
| 1 qt. chopped cabbage | 1 qt. green beans |
| 1 qt. sliced onions | |

Soak each alone in salt water over night; boil each alone just a little. Drain thru colander. Boil together

- | | |
|---|--|
| 1 small glass prepared mustard and if wanted $\frac{1}{2}$ t. red pepper and a little tumeric | 2 qts. vinegar
1 C. sugar
1 small C. flour |
|---|--|

When it thickens add other ingredients.

ORANGE DELIGHT

Mrs. C. G. Haug

Slice 3 oranges and 1 lemon very fine. Pour over 11 tumblers of water and set away for 24 hours. Boil gently for 1 hour. Add 4 lbs. sugar and set away again for 24 hours. After boil 1 hour and 25 minutes. Put in glasses and seal. If preferred thicker add 1 pkg. gelatine.

ORANGE MARMALADE

Mrs. O. H. Hawley

Three oranges and 1 lemon cut into bits with rind of 1 orange sliced into fine pieces; also a little lemon peel. Put into 2 qts. water and let stand one night. Add 8 C. sugar, boil $1\frac{1}{2}$ hours gently and again let stand over night. Simmer $\frac{1}{2}$ hour; pour into glasses.

ORANGE MARMALADE

Mrs. L. J. Lynch

- | | |
|---------------------|---------------|
| 1 large grape fruit | 1 large lemon |
| 1 large orange | |

Slice fruit very thin with sharp knife. Use everything but the seeds and tough white center. Measure and add 3 times as much water. Let stand 24 hours. Then measure again and add

an equal amount of sugar. Boil till right consistency to jell. Pour into glasses and cover with paraffine.

ORANGE MARMALADE

Mrs. T. S. Barbour

3 lemons, run thru food grinder 6 oranges

Add five times as much water as pulp. Let stand 24 hours, then add 5 lbs. sugar and let come to boil, then let stand 24 hours. Boil about 2 hours slowly.

PEACH MARMALADE

Mrs. W. G. Gaessler

2 doz. peaches 3½ lbs. sugar
4 medium-sized oranges

Peel peaches and put thru food chopper, using coarse blade; put thru the oranges, using both the pulp and rind; mix these with the sugar and let stand over night; then boil to desired consistency.

RHUBARB CONSERVE

Mrs. C. G. Haug

1 qt. rhubarb 6 C. sugar
1 C. raisins 1 scant C. (1 bottle) Com-
3 T. lemon juice mercial Pectin
¾ C. orange juice 1 C. walnut meats

Put in saucepan the rhubarb, raisins, lemon juice, orange juice and sugar. Mix thoroughly, bring to boiling point. Boil hard 2 minutes, add pectin. Bring to boiling again. Remove from fire, skim, stand 3 minutes, add walnuts. Pour into glasses. Walnuts may be omitted.

DRIED APRICOT AND PRUNE BUTTER

Mrs. O. H. Hawley

½ lb. each of dried apricots 3 C. sugar
and prunes soaked over ½ t. salt
night 1 t. cinnamon

See that there is about 6 C. of water, including that used for soaking. Boil gently and wash thru colander. Boil slowly until stiff.

CRANBERRY SAUCE (NEW YORK STYLE)

Mrs. Earl Rice

Wash 1 qt. cranberries; put them into the kettle with 1 pt. of water and 4 cored and sliced tart apples. Cover and cook

for 20 minutes; press thru a colander. Add 1 lb. sugar and boil for 5 minutes.

DRIED PEACH MARMALADE (This makes 5 glasses)

Mrs. Oscar H. Hawley

- | | |
|---------------------|-----------|
| 1 lb. dried peaches | 1 t. salt |
| 1 lb. sugar | |

Wash peaches, cover with boiling water and when cool remove skins. Put water back on the peaches, boil slowly until tender. Mash, add sugar and cook slowly until stiff.

RHUBARB CONSERVE

Mrs. H. E. Nichols

- | | |
|-----------------|----------------|
| 1 qt. rhubarb | 1 C. nut meats |
| 1 qt. sugar | 2 oranges |
| 1/2 lb. raisins | |

Squeeze out juice and then grind the rind of one orange. Cut the rhubarb in cubes and let stand with sugar over night. Add remainder of ingredients and cook about 1/2 hour or until thick.

RASPBERRY JAM

Mrs. L. G. Rosenfeld

- | | |
|--------------------|--------------|
| 3 pts. raspberries | 3 pts. sugar |
| 1 pt. red currants | |

Wash the berries and currants and bring to a boil. Add sugar and cook until thick and seal.

TOMATO CONSERVE

Mrs. G. C. Roberts

- | | |
|-----------------------|--------------------------------|
| 2 lemons | 1 qt. yellow tomatoes (take |
| 2 oranges | as many seeds out as possible) |
| 1 C. raisins | |
| 1 C. nuts broken fine | Equal amount of sugar |

Boil until transparent. Test like jelly.

APRICOT MARMALADE

Bess L. Walsh

- | | |
|------------------------|-----------------|
| 2 lbs. apricots | 1/2 lb. walnuts |
| 1 lb. seedless raisins | |

Cut up, wash and soak fruit over night. Boil till soft. Measure juice and fruit and add sugar, cup for cup. Add raisins and grated rind of 1 orange; add nuts; boil till thick but not jellied.

APPLE CONSERVE

Mrs. Roy McCurdy

- | | |
|----------------------------------|----------------------------|
| 4 C. chopped apples | 1½ C. seeded raisins |
| ¾ C. nut meats (English walnuts) | 1 lemon (sliced very thin) |
| | 3 C. sugar |

Mix apples, raisins and lemon; heat to boiling point; add sugar and cook slowly until thick (about ½ hour). Remove from fire and add chopped nuts, pour in glasses and seal with paraffine.

GRAPE FUDGE

Anna Fonda

- | | |
|---------------|---------------|
| 7 lbs. grapes | 1 lb. walnuts |
| 7 lbs. sugar | 1 lb. raisins |

Wash the grapes and cook pulp, and remove seeds by putting thru a sieve. Chop skins and nuts, mix pulp and sugar, add the chopped portions and whole raisins. Cook until thick and seal in sterilized glasses. This amount makes 22 glasses.

GREEN GOOSEBERRY JAM

Mrs. Harold Styles

- | | |
|---------------------------|----------------------------|
| 2 qts. gooseberries | Juice and rind of 1 orange |
| 6 lbs. sugar | 1 lb. raisins |
| Juice and rind of 1 lemon | 1 qt. water |

Cook thoroughly.

DIET FOR THE SICK

Miss Katherine Diehl, R. N.

LIQUID DIET

LEMONADE

Juice of 1 lemon or	3 T. sugar
3 T. lemon juice	1 C. water

Dissolve sugar in lemon juice; add ice water and shaved ice if desired.

ORANGEADE

Rind of 1 sour orange	1 T. sugar
1 C. boiling water	Juice of 1 orange

Cut the yellow rind carefully from the orange and pour boiling water over it. Add sugar and juice and strain; 1 t. lemon juice may be added if desired. Chill before serving.

PLAIN ALBUMEN

White of 1 egg. Beat the white of egg until slightly foamy; allow it to stand in cold place until liquid separates from the foam. Remove foam and serve the liquid albumen. Salt may be added if desired.

COCOA

$\frac{1}{2}$ C. milk	1 t. sugar
$\frac{1}{4}$ C. water	$\frac{1}{2}$ T. cocoa

Mix cocoa and sugar, add the cold water; boil directly over the fire for 3 minutes. Then stir into the hot milk and cook 5 minutes over hot water.

ALBUMENIZED ORANGE JUICE

White of 1 egg	Juice of 1 orange
1 T. sugar	

Place all ingredients in a covered glass jar and shake until thoroughly blended. Strain and serve.

COLD EGGNOG

1 egg	1 C. milk
1 T. sugar	1 T. brandy

Beat the egg, add sugar, then milk and brandy.

EGG BROTH

1 egg	1 C. hot milk
$\frac{1}{2}$ t. sugar	Salt

Beat egg, add sugar and salt, pour the hot milk over them and serve immediately. Hot water, broth, soup or tea may be used instead of milk.

BEEF JUICE

Take a slice of the round of beef and heat it a few seconds over a clear fire. Cut the meat into small pieces, and press out the juice, using a lemon squeezer or meat press. The press should be heated. Season with salt and serve in a colored wine glass.

MALTED MILK

For 1 C., 2 dessert spoons of Horlick's or Borden's Malted Milk; pinch of salt. Mix to smooth paste, then add hot water or milk.

BEEF BROTH

$\frac{1}{2}$ C. or $\frac{1}{4}$ lb. lean beef
 $\frac{1}{2}$ C. cold water

Chop meat very fine and soak in the cold water 1 hour or longer; put in saucepan surrounded by lukewarm water and cook until it has become a reddish brown, stirring all the time.

A small rack should be placed under the sauce pan. Remove from fire and pour through a coarse strainer into a hot cup. Season and serve hot.

SEMI-SOLID DIET

CREAM OF POTATO SOUP

Yolk of $\frac{1}{2}$ egg	
$\frac{1}{2}$ C. potato	$\frac{1}{8}$ t. salt
$\frac{1}{2}$ C. milk (heated)	Pepper
1 T. cream	Celery salt or onion juice

Cook potatoes until soft, drain, mash, add milk and cream and strain; add to this the beaten yolk and seasoning. Cook in double boiler until egg thickens, stirring constantly. Serve immediately.

CREAM OF TOMATO SOUP

$\frac{3}{8}$ C. strained tomatoes	$\frac{1}{4}$ t. salt
$\frac{1}{3}$ t. soda	White pepper
$\frac{1}{2}$ T. butter	$\frac{1}{2}$ C. milk (heated)
$\frac{1}{2}$ T. flour	

Stew $\frac{3}{4}$ C. to 1 C. tomatoes slowly 15 minutes, strain; measure $\frac{3}{8}$ C. and add soda while hot; make a white sauce and add the strained tomato. Serve at once.

Besides these there are many other cream soups, such as oyster, pea, celery, etc. In this diet is included all milk desserts and custards, toast and potatoes with meat gravy.

GENERAL DIET

A general diet includes all semi-solids, including meats.

PASTEURIZED MILK

Fill sterile bottles or jars nearly full of milk, cork them with baked cotton, place on rings in a deep pan and fill with cold water so that the water may be as high outside the jars as the milk is inside. Place the pan over the fire and heat until small bubbles appear around the top of the milk (about 155° Fahr.). Remove to the back of the fire and allow the bottles to stand there 15 minutes, then displace the hot water with cold water to reduce the temperature as quickly as possible and when milk is cold remove bottles from the water and keep in cold place.

CEREALS AND GRUELS

GENERAL RULES

Any cold mush may be thinned with cream, milk or water to the consistency of a cream soup, and served as a gruel.

All cereal preparations, grains, meals or flours may be used for gruels; also plain crackers, powdered.

Gruels must be thoroughly cooked, strained, seasoned and served very hot.

Gruels made with meal are made by pouring the meal into the boiling water. They should be cooked for three hours over boiling water. When gruels are made from flour the flour must first be mixed to a smooth, thin paste with $\frac{1}{4}$ cup cold water or milk, then stirred into the hot liquid. They should be cooked at least one hour.

A double boiler must be used for gruels made with milk.

Sugar, stick cinnamon, whole cloves, nutmeg, raisins, lemon rind, fruit juice, meat extracts, or stimulants may be used to flavor gruels.

CORNMEAL GRUEL

1 $\frac{1}{2}$ C. water
1/6 t. salt

1 T. cornmeal

Pour the meal into the boiling salted water; cook directly over the heat 15 minutes, stirring constantly, then over boiling water for 3 hours.

OATMEAL GRUEL

1/6 t. salt
1 T. oatmeal

1 C. liquid

Pour oatmeal into boiling water. Cook directly over heat for 15 minutes, stirring constantly, then over boiling water for

1 hour. If milk is used, the salt should be added just before serving.

BOILED RICE

1½ C. boiling water 1 T. rice
1/3 t. salt

Rice must be carefully picked over and washed thoroughly. Add gradually to boiling water so water will not stop boiling. Partly cover and cook for 20 minutes or until grains are soft; drain in colander, then allow rice to dry for 5 minutes in the oven with door open.

HOUSEHOLD HINTS

Did you know that:

(1) Modern science has proven that household efforts to set color are of little or no avail.

(2) Hard water can be softened by the addition of any one of the following solutions:

- a. To each gallon of water add 2 T. of a solution made by dissolving 1 lb. of washing soda in 1 qt. of boiling water.
- b. To each gallon of water add ¼ T. of lye dissolved in 1 C. of water.
- c. To each gallon of water add 1 T. of borax dissolved in 1 C. of water.

(3) A soap solution makes suds more quickly than soap in the cake; it cleans more evenly and with less wear to the material than soap rubbed on. Make up a quantity for use as needed. Use up bits of soap in this way.

SOAP SOLUTION

Dissolve 1 cake white soap or 2 C. soap flakes, chips or scraps in 3 qts. of hot water. Dissolve by cooking at a low temperature. Overcooking makes soap solution dark. Two or three C. of this solution is usually sufficient for one washer.

(4) A good blanket wash solution which will keep the blankets fluffy and soft can be made as follows:

1 large bar Ivory soap 2 T. borax
3 qts. cold water ½ C. wood alcohol

Shave the soap into the cold water and heat to the boiling point; when cold add borax and alcohol. Use 1 qt. of this solution in the first tub, 1 pt. in the second tub, and rinse in clear water. Keep the water at a uniform temperature through the process.

(5) Some kinds of blueing contain iron and will precipitate iron rust on clothing if any soap is left in the clothes

when they enter the blue water. If you meet this difficulty, either rinse the clothes more carefully or change the type of blueing used.

(6) A very good household bleaching agent for *white* clothes is Javelle water.

JAVELLE WATER

1 lb. washing soda	1/2 lb. chloride of lime
1 qt. boiling water	2 qts. cold water

Dissolve soda in boiling water. Add cold water to the chloride of lime. Allow solutions to settle. Pour the lime solution into the soda, let the mixture settle, strain through a cloth, bottle and keep in dark place.

Javelle water removes all color, so should not be used on colored material. To remove stains from white goods, soak the article in equal quantities of Javelle water and hot water until the stain disappears; then rinse thoroughly in several waters, and finally in dilute ammonia water (1 T. ammonia to 2 qts. water). The ammonia helps to remove the chloride of lime odor.

SUGGESTIONS FOR USE OF PRESSURE COOKER

BROWNEED POTATOES

Pare potatoes, place in wire rack in cooker with 1 C. boiling water below. Run pressure to 20 pounds, hold 10 minutes and let steam off. Potatoes are ready to brown in hot fat.

MASHED POTATOES

Prepare and cook potatoes as for browned potatoes. Remove from cooker, rice, add hot milk, butter and seasoning.

SLICED HAM

Wipe ham and place on wire rack in bottom of cooker with 1 C. boiling water below. Run pressure to 20 pounds, hold 15-20 minutes, depending on thickness of ham and let steam off. Remove from cooker and brown in a frying pan.

PORK LOIN

Season, place in cooker with 1 cup boiling water. Run pressure to 20 pounds, hold 40-50 minutes. Let steam off. Remove from cooker, sprinkle with sugar and brown in a quick oven.

BOILED DOUGH

Make a baking powder biscuit dough, using 2 C. of flour.

Roll to $\frac{1}{4}$ -inch thickness and cut in 2-inch squares. Pare and slice 3 medium-size potatoes. Have soup stock boiling in the cooker, add potatoes, then dough, one piece at a time until all has been used. Clamp on top of cooker, but do not close pet cock, and boil for 10 minutes.

NOODLES

These may be cooked in soup stock in the same manner as boiled dough.

BEAN SOUP

Wash 1 cup navy beans and put into cooker with 4 C. of cold water. Hold pressure at 20 pounds for 10 minutes, then let steam off. Drain again, put beans in cooker, add 1 qt. ham stock or finely chopped bacon, $\frac{1}{2}$ can tomatoes, 1 small onion and seasoning. (If chopped bacon is used add 1 qt. water.) Again run pressure to 20 pounds, hold 20-30 minutes. Let steam off. Add thickening as desired and 1 C. of milk.

STEAM PUDDING

Any kind of steamed pudding may be steamed in the cooker in 2 hours, but the pet cock must be left open. The pudding in some receptacle is placed on the rack with sufficient water below to keep it from boiling dry.

CANNED TOMATO SOUP

Cook together all ingredients for soup in cooker. Run pressure to 20 pounds slowly. Hold pressure 5 minutes and slowly let steam off. Put through sieve, add thickening, bring to boiling point and can.

CHILI SAUCE

Cut ingredients in small pieces or chop uniformly. Run up pressure slowly. Hold five minutes and slowly let steam off. Cook down in the open cooker.

PICCALILI OR CHOW CHOW

Use any good recipe. Put into cooker. Let come to a boil, then close pet cock. Run pressure to 10 pounds, hold 5 minutes and slowly let steam off. Put in jars while hot and seal.

TABLE SERVICE

It is always best that system and some formality be used in table service. If this is based on common sense the result is delightful. If there is no good reason for the rule applied, then it should be discarded. Unless care is used, mere formality in table service may be developed to such an extent that the original good

reasons for doing them are hidden. Most of the fundamental rules in good table setting are built on a sound foundation of reason.

TABLE SETTING

The table may be bare wood, or covered with oilcloth or the finest linen. It must be clean. Twenty to thirty inches should be allowed for each person. Less than 20 inches means uncomfortable crowding.

Covering for the Table—Tablecloths, runners, squares and round doilies may be used for covering the table. These should be absolutely clean. Better have a spotless and inexpensive covering than the finest of damask that is soiled and rumped.

A tablecloth may make a more homogeneous picture than either runners or doilies, and when of a heavy damask and beautifully laundered, makes a most attractive table. There is no good reason, however, why doilies or runners may not be used in place of the larger cloth. These have special advantages in that they may be easily kept clean. If one is spotted it alone need be laundered.

It is pure form, but the custom, to use a tablecloth for dinner.

To Set the Table—If a tablecloth is to be used, a "silence cloth" or husher is placed on the table first. The tablecloth is carefully stretched over this with the lengthwise crease running the length of the table. Smooth and carefully straighten. The cloth should hang no more than 12-14 inches over the edge of the table since it must clear the chairs or the table will be unsightly.

If doilies are used the rectangular ones are better than the round since it is easier to arrange the silver on the larger space. Doilies should be evenly spaced about the table and should be an even distance from the edge.

The Individual Cover—The place arranged for each person at the table is called the cover. As much silver and china as will add to the convenience of the meal may be used, provided it does not look crowded.

Knives are placed at the right of the cover, the sharp edge toward the plate. *Forks* are placed at the left with the tines up. If the knife is not to be used, the fork may be placed at the right. *Spoons* may be placed at the right of the knives. All silver should be compactly placed one-half to one inch from the table edge and at right angles to it. The sequence for all spoons and forks is from the outside in toward the plate in the order in which they are to be used. The glass is placed at the tip of the knife. The bread and butter plate at the tip of the fork. The napkin should be placed at the left of the forks.

The lines of each cover should be parallel with the edge of the table and the table studied as a whole to see that it is well balanced.

RULES FOR SERVING

For the best service there should be no appearance of haste and no noise. One should be watchful of the wants of the guests and when no guests are present, of the wants of each other. The water glasses should be kept filled and butter replenished.

The hostess must give the signal for the removal of dishes. Everything pertaining to one course must be placed before the course is served.

The meat platter is placed in front of the host or hostess. The dishes containing the vegetables and sauces are placed at either side of the hostess. Place the serving silver beside the dish containing the food.

If place cards are used, they are placed on the napkin behind the plate, or near the glass. Fill the glass three-fourths full. Have the pitcher three-fourths full and place on service table. Put the first course on the table, unless it is soup. This may be served after the guests are seated.

Do not lift glass from the table to fill it. If covers are crowded, it may be drawn to edge of table to be filled.

Hot foods must be served hot. Cold food, cold.

Place, pass and remove all dishes from the left of the person, using the left hand. The only time the waitress goes to the right is to place, replenish or remove a beverage.

Place all side dishes at the left as near the plate as possible without crowding.

The host serves the meat, potatoes and vegetables. The hostess may serve the soup, vegetable, salad, dessert and beverage.

The hostess is served first, then the one to her right and so on around the table. Some people prefer to serve the guest first. The host, in serving, indicates to whom the plate is to go, in order that there may be no confusion.

In the removal of dishes, remove all food first, then soiled dishes, glasses, silver and cutlery. Remove all unused silver belonging to the course.

Before serving the next course be sure that everything pertaining to the previous course is removed.

A service plate is used in formal service only. This is a large plate as large and often larger than the dinner plate. No food is ever placed upon the service plate. Plates containing the first courses up to the dinner course are placed on the service plate.

SUGGESTED QUANTITIES FOR SERVING LARGE GROUPS

SOUP

1 gallon serves 35 portions

MEAT

(Weight before cooking)

- 1 pound beef (stew, ragout) serves 4 portions.
- 1 pound beef (hamburg) serves 4 portions.
- 1 pound beef (rump roast) serves 4 portions.
- 1 pound beef (rib roast) serves 2 portions.
- 1 pound lamb (roast) serves 2 portions.
- 1 pound lamb (leg) serves 2 portions.
- 1 pound ham serves 3 portions.
- 1 pound veal (leg) serves 2 portions.
- 1 pound chicken (extended with cream sauce and dump-
lings) serves 4-5 portions.
- 1 pound chicken (roasted) serves 1 portion.
- 1 pound dried beef (creamed) serves 18 portions.
(1½ qt. white sauce to 1 pound beef).

VEGETABLES

- 1 quart dried beans serves 16 portions.
- 1 pound potatoes mashed serves 4 portions.

SALADS

- 1 quart fruit salad mixture serves 8 portions.
- 1 quart vegetable salad mixture serves 6 portions.
- 1 pound potatoes for salad serves 5 portions.
- 1 average sized head lettuce (garnish) serves 12-15 portions.
- 1 average sized head lettuce (head lettuce) serves 4-6 por-
tions.
- 1 quart French dressing serves 64 portions.
- 1 quart Mayonnaise dressing serves 75 portions.
- 1 quart cooked dressing serves 75 portions.

DESSERTS

- 1 quart pudding serves 10 portions.
- 1 layer cake serves 12 portions.
- 1 quart ice cream bulk serves 12-16 portions.
- 1 quart ice cream brick serves 8-10 portions.

BEVERAGES

- 1 pound coffee makes 2 gallons, 50 cups.
- 1 cup dry cocoa makes 1 gallon cocoa, 25 cups.
- 1 cup dry tea makes 50 cups tea.

BREAD

- 16 oz. loaf cuts 18 slices.
- 1 pound small square crackers contains 64.
- 1 large pullman loaf cuts 50 thin sandwich slices.

MISCELLANEOUS

- 1 quart pancake flour makes 20 cakes.
- 1 pound cream of wheat makes 9 quarts cooked, 8 servings.
1 quart.
- 1 pint whipped cream serves 72 garnishes.
- 1 pound butter makes 56 portions.

7 lbs new Potatoes
Cream Sauce 3 pints milk
Flour salt - $\frac{1}{2}$ lb butter
paprika
mix flour in butter after
melting -

CHOICE OF MEATS

Methods	Beef	Lamb	Pork	Veal
Broiling	Porterhouse steak Club steak	Loin chops Rib chops	Loin chops	Loin chops Rib chops
Hamburger	Lower round Neck Flank			
Meat Loaf	$\frac{3}{4}$ lower round $\frac{1}{4}$ pork shoulder	Breast Flank	$\frac{1}{4}$ pork shoulder $\frac{3}{4}$ lower round beef	$\frac{1}{2}$ veal neck or $\frac{1}{4}$ beef lower cutlet $\frac{1}{4}$ pork
Mince Meat	Brisket Plate Neck			Flank Breast
Pot Roast	Rump Heel of round Shoulder round Bone pot roast	Shoulder of lamb	Boston butt	Rump
Roast	Rib roast Chuck	Leg of lamb Shoulder of lamb Shanks	Loin Boston butt Rib	Loin Rib
Soup	Heel of round Shank fore or hind and veal knuckle			Knuckle Shank
Stew	Shoulder round Flank stew cuts Short ribs neck	Neck Breast Shanks		Breast Flank
Stuffed Steak	Flank	Breast	Stuffed chops Loins, "thick"	Cutlet for "Veal Birds" Breast
Swiss Steak	Shoulder round Lower round Butcher's steak			

ONE HUNDRED CALORIE PORTIONS OF COMMON FOODS

Food	Measure
Almonds	10 nuts
Pecans	Scant $\frac{1}{4}$ C.
Walnuts	5 halves
Bacon	Slice $5'' \times 1\frac{1}{4}'' \times \frac{1}{8}''$
Beef—lean	$3'' \times 2\frac{1}{2}'' \times \frac{1}{2}''$
Ham—Med. fat	$3'' \times 3'' \times \frac{3}{8}''$
Fish—fresh	3''
Salmon, canned	$\frac{1}{4}$ — $\frac{1}{3}$ C.
Gelatin	3 $\frac{1}{3}$ T.
Eggs	1 $\frac{1}{2}$ eggs
Cheese—American	$3'' \times 1\frac{1}{4}'' \times \frac{1}{4}''$
Cottage cheese	Scant $\frac{1}{2}$ C.
Milk	$\frac{5}{8}$ C.
Cream 18%	Scant $\frac{1}{4}$ C.
Cream 40%	1 $\frac{3}{4}$ T.
Butter	1 scant T.
Corn Flakes	1 C.
Cream of Wheat	3 T.—uncooked
Rolled oats	Scant $\frac{1}{4}$ C. uncooked
Bread, white	1 slice $4'' \times 4\frac{1}{2}'' \times \frac{1}{2}''$
Bread, whole wheat	1 slice $4'' \times 4\frac{1}{2}'' \times \frac{1}{2}''$
Graham cracker	2 $\frac{1}{2}$ crackers
Soda cracker	6 $\frac{1}{2}$ crackers
Sugar—granulated	2 T.
Apples	1 apple 3'' in diameter
Bananas	1 banana
Orange	1 orange 3'' in diameter
Pears—canned	2 halves
Peaches—canned	3-4 halves
Dates	5
Prunes	7 prunes No. 60-70
Raisins	2 T.
Beans—canned	$\frac{1}{4}$ — $\frac{1}{3}$ C.
Cabbage	4 $\frac{1}{2}$ C. shredded
Carrots	2 C. diced
Celery	3 bunches
Lettuce	3 $\frac{5}{8}$ heads 4'' in diameter
Peas—Canned	$\frac{3}{4}$ C.
Potatoes	1 medium
Tomatoes—fresh	2 $\frac{1}{2}''$ —3'' in diameter

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